The Magic Word

L · I · D · G ·
T · T · F · T ·
A · T · I · M

"I am Success, though hungry, cold, ill-clad,
I wander for a while, I smile and say,
'It is but for a time, I shall be glad
Tomorrow, for good fortune comes my way.
God is my Father, He has wealth untold,
His wealth is mine—health, happiness and gold.'"

—ELLA WHEELER WILCOX

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By Robert Collier

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The Magic Word

"L-I-D-G-T-T-F-T-A-T-I-M"

By Robert Collier

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Lesson I - THE LAW OF INCREASE

In a pamphlet written by Don Blanding, he tells of a time during the trying years of the Great Depression, when he found himself financially, mentally and physically "broke". He was suffering from insomnia and from a physical lethargy amounting almost to paralysis. Worst of all, he had a bad case of "self-pity", and he felt that the self-pity was fully justified.

He was staying at a small Art Colony (on credit), trying to rebuild his wrecked life and wretched body. Among those at the Colony was Mike, an Hawaiian boy. Mike seemed to be always cheerful. Mike seemed to be always prosperous. And, naturally, Blanding wondered why. For Mike, when he had known him before, had been blessed with few of this world's goods.

So one day he asked Mike what good fairy had waved her wand over him and turned all that he touched into gold.

For answer, Mike pointed to a string of letters he had pasted over his bed -- "L-I-D-G-T-T-F-T-A-T-I-M."

Blanding read them, but could make no sense out of them. "What are they, the 'Open, Sesame' to the Treasure Cave?"

"They have been the 'Open, Sesame' for me," Mike told him, and went on to explain how they had helped him. It seems that Mike, too, had experienced his ups and downs, but in the course of one of his "downs", he had happened upon a teacher who showed him the power of PRAISE and THANKFULNESS.

"There is an inherent law of mind," says Charles Fillmore, "that we INCREASE whatever we PRAISE. The whole of creation responds to praise, and is glad. Animal trainers pet and reward their charges with delicacies for acts of obedience; children glow with joy and gladness when they are praised. Even vegetation grows better for those who love it. We can praise our own ability, and the very brain cells will expand and increase in capacity and intelligence, when we speak words of encouragement and appreciation to them."

God gave you dominion over the earth. Everything is your servant, but remember it is said in the Scriptures that God brought every beast and fowl to Adam, to see what he would call them. You are like Adam in this, that you can give to every-

thing and everybody with whom you come in contact the name you like. You can call them good or bad. And whatever you call them, that is what they will be to you - good servants or evil ones. You can praise or curse them, and as you do, so will they be to you.

There is one unfailing Law of Increase -- "Whatever is praised and blessed, MULTIPLIES!" Count your blessings and they increase. If you are in need of supply, start in now to praise every small piece of money that comes to you, blessing it as a symbol of God's abundance and love. Salute the Divinity represented by it. Bless Him and name Him Infinite and Abundant Supply. You will be surprised how soon that small piece of money will increase to many pieces. Take God into your business. Bless your store, your cash register, every one that works for you, each customer that comes in. Know that they represent the Divinity called Abundance, so bless them as such.

If you are working for someone else and want a better job or more pay, start by BLESSING and being THANKFUL for what you have. Bless the work you are doing, be thankful for every opportunity it gives you to acquire greater skill or ability or to serve others. Bless the money you earn, no matter how little it may be. Be so thankful to God for it that you can give a small "Thank Offering" from it to someone in greater need than yourself. Suppose the Boss does seem unappreciative and hard. Bless him just the same. Be thankful for the opportunity to SERVE faithfully, no matter how small the immediate reward may seem to be. Give your best, give it cheerfully, gladly, thankfully, and you will be amazed how quickly the INCREASE will come to you -- not necessarily from your immediate boss, but from the Big Boss over all.

I remember reading a letter from a woman in the drought belt in which she said that they, unlike most of their neighbors, had an abundant supply of water, and excellent crops. "When my husband plows a field," she writes, "I ask God to bless each furrow. Each seed that goes into the seeder is blessed, and the realization held that it will produce abundantly according to His righteous law. Our neighbors marveled at the abundance of hay that we cut this year. The hay was sold before the third cutting was put up.

"Each day, in the silence, I put the ranch 'Lovingly in the hands of the Father.' I ask God to bless everybody that comes in contact with the ranch."

Few realize the power of praise and blessing. Praise may be called the great liberator. You remember the story of

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Paul and Silas. They lay in jail bound with chains, but they did not despair. They rejoiced and sang hymns of praise, and lo, the very walls were shaken down and they were set free.

Praise always magnifies. When we praise God and then look about us and praise His invisible presence in all that we see, we find that the good is so magnified that much becomes evident that we ordinarily fail to see. Running through all of Jesus Christ's acts as well as His teachings we find the glowing element of praise. When He looked at five loaves and two small fishes and realized that He had a multitude to feed, His first thought was a thought of praise. "And looking up to heaven, he blessed."

Go back over the Old Testament and see how often you are adjured to "Praise the Lord and be thankful, that THEN shall the earth yield her increase." Probably no life chronicled in the Scriptures was more beset with trials and dangers than that of King David. And what was his remedy? What brought him through all tribulations to power and riches? Just read the Psalms of David and you will see.

> "Jehovah reigneth; let the earth rejoice;
> Let the multitude of isles be glad.
> Bless Jehovah, O my soul;
> And all that is within me, bless his
> holy name .....
> Who forgiveth all thine iniquities;
> Who healeth all thy diseases."

"If anyone could tell you the shortest, surest way to all happiness and all perfection," wrote William Law, "he must tell you to make it a rule to yourself to thank and praise God for everything that happens to you. For it is certain that whatever seeming calamity happens to you, if you thank and praise God for it, you turn it into a blessing. Could you therefore work miracles, you could not do more for yourself than by this thankful spirit; for it turns all that it touches into happiness."

How then can YOU increase your supply? How can you get more of riches and happiness and every good thing of life? In the same way as the Wise Men and the Prophets of old. In the same way that Jesus twice fed the multitudes. In the same way that He filled the disciples' nets to overflowing with fish, after they had labored all night and caught nothing.

By EXPANDING what you have! And the way to expand is through love, through praise and thanksgiving - through saluting the Divinity in it, and naming it Infinite and Abundant Supply.

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Throughout the Bible we are told -- "In everything by prayer and supplication WITH THANKSGIVING let your requests be made unto God." Again and again the root of inspiration and attainment is stressed: Rejoice, be glad, praise, give thanks!

And that was what our Hawaiian boy had done. That was the secret of his prosperity and success. The Talisman he had pasted over his bed meant -- "Lord, I do give Thee thanks for the abundance that is mine." Every time he looked upon it, he repeated those words of thankfulness. The happy ending lies in the fact that these words of praise and thanksgiving proved to be as potent a talisman for Don Blanding as they had for Mike, the Hawaiian.

"Whoso offereth praise, glorifieth Me," sang the Psalmist of old. And it is as true today as it was thousands of years ago. Praise, thankfulness, understanding -- these three supply the golden key to anything of good you may desire of life.

H.W. ALEXANDER

In a recent issue of "Think What You Want" magazine, H. W. Alexander tells how praise helps you. "Sincere praise is money in your pocket," he says. "It is a spiritual and moral uplift. It is a tonic to the giver and the receiver. It rebounds to both a thousand times. I know a company whose sales during the depression went from $2,600,000 a year to $8,000,000. Praise was the inspiration.

"In a divorce court not so long ago was recorded the story of a man who from a laborer's job climbed to the Presidency of his business. A friend asked him why he quit his almost lifetime companion, though she was well provided for. Said he, 'Well, my wife of today appreciates my ability, tells me right along, whereas my childhood sweetheart knows my weaknesses and tells me about them. I like appreciation.' His income tax is on a $100,000 salary.

"Little things count. Your secretary has a new dress, a new hat, a fashionably fluffy ruffle -- tell her so. The file clerk finds your letters quickly -- tell her so. The cop on the beat is sure to see the school boys are safely over with a wave of his hand. Tell him he is tops.

"One of the finest persons who worked for me was an elderly servant woman. She had a tough time in life, poorly educated, used split infinitives, came early in the morning to clean the house. She often said to me as I left in the morning, 'Sure, you look good today. You've got a big job, you work hard, you'll win.' She thought I was good, and when I went out I was good. Top executives who read this know very

well the truth of what the chauffeur, maid, gardener -- who gives them a cheery word of praise, means to them at market time, conference time, or directors' time -- it rings in their mind -- oh, yes, they remember. You can't fly too high.

"And the mother who thinks her boy or girl is about right, aids them on as no one else can.

"I have this belief -- that big or little, praise does win friends, wins respect for yourself, wins you a monetary return, and it helps a Pullman porter, a housewife, an industrialist, to bigger, better things. It costs you nothing but a smile -- but do be sincere.

"To the wives who may read this: You know your man. He can't fool you. But be just as honest as you can, praise him, send him out to his private automobile, his street car, his bicycle, his train, or his walk, with a smile, with praise, and you'll wear sables -- try it."

Like attracts like. Praise and appreciation bring back greater praise and appreciation to you. If you want health, happiness, in your life, if you are seeking riches and success, attune your thoughts to these. BLESS the circumstances that surround you. Bless and praise those who come in contact with you. Bless even the difficulties you meet, for by blessing them, you can change them from discordant conditions to favorable ones, you can speed up their rate of activity to where they will bring you good, instead of evil. It is only lack of RESPONSIVENESS to good that produces the lacks in your life. Good works on the plane of EXPANSION. Good revolves at a high rate of activity. You can key your activity to that same rate by an expectant, confident state of mind. You can bring all your surroundings and circumstances up to that same level by BLESSING them, PRAISING the good in them, saluting the DIVINITY in them.

In the pages that follow, we shall show you how the practice of blessing and praising all things has brought good to all who have tried it, how you can use these same methods to attract every good thing you may desire to yourself.

> "Into whatsoever house ye enter,
> first say -- 'Peace be to this
> house!'"

Lesson II -- IN THE BEGINNING

By Robert Collier

"For life is the mirror of king and slave,
'Tis just what we are and do;
Then give to the world the best you have,
And the best will come back to you."

We often speak of psychology and metaphysics as new sciences, and think that the study of these began within the last half-century. Yet if you refer to the very first book of the Bible, you find more profound examples of applied psychology than in any textbook of today.

Take the story of Jacob as an instance. You remember how Jacob agreed to serve Laban seven years for the hand of Rachel in marriage. And how, through the guile of his father-in-law, Jacob had to serve a second seven years. Even then, when he would have gone back to his own country, Laban begged him to tarry yet a while longer, and agreed to pay Jacob as wages "all the speckled and spotted cattle, and all the brown cattle among the sheep, and the speckled and spotted among the goats."

Since Laban first removed from the herds all cattle of this kind, the chances of Jacob's getting rich on the speckled offspring of solid-colored cattle seemed poor indeed.

But Jacob evidently knew his Scriptures, and the idea we think so new, that first comes the "word" (or mental image), then the physical manifestation, was in his mind even when he made the bargain.

For what did he do?

"And Jacob took him rods of green poplar, and of the hazel and chestnut tree; and pilled white strakes in them, and made the white appear which was in the rods.

"And he set the rods which he had pilled before the flocks in the gutters in the watering troughs when the flocks came to drink, that they should conceive when they came to drink.

"And the flocks conceived before the rods, and brought forth cattle ringstraked, speckled, and spotted.

"And Jacob did separate the lambs, and set the faces of the flocks toward the ringstraked, and all the brown in the flock of Laban; and he put his own flocks by themselves, and put them not unto Laban's cattle.

"And it came to pass, whensoever the stronger cattle did conceive, that Jacob laid the rods before the eyes of the cattle in the gutters that they might conceive among the rods.

"But when the cattle were feeble, he put them not in; so the feebler were Laban's, and the stronger Jacob's.

"And the man increased exceedingly, and had much cattle, and maidservants, and menservants, and camels, and asses."

You have heard of the English cuckoo. Too lazy to rear and care for its own young, it goes to the nests of other birds when they are off seeking food, notes the markings on their eggs, then comes back later and lays in their nests eggs of those same exact markings!

Various saints of the middle ages are said to have had markings on their hands, feet and sides similar to those on the crucified Saviour, acquired from constant contemplation of His image. And only recently I read of an adopted child, which was reported to have developed markings similar in all respects to those of the real son of its foster-parents, although the son had died some months before the adopted child was born. The parents were satisfied it was a case of reincarnation, but it seemed to me merely a materialization in the foster-child of the images in the mother's mind. She had grieved inexpressibly over her loss. She had adopted the waif to try to fill the void left by her own little boy. And striving to see in his every action some reminder of her lost one, those images so strongly held in her mind actually expressed themselves in the body of her foster-child.

It all comes back to that first line of the first chapter of the Gospel of St. John -- "In the beginning was the Word." For what is a "Word"? A mental image, is it not? Before an architect can build a house, he must have a mental image of what he is to build. Before you can accomplish anything, you must have a clear mental image of what it is you want to do.

Turn to the Scriptural account of the creation of the world. What is the outstanding fact you find there?

IN EVERY THING GOD CREATED,
THE "WORD" CAME FIRST --
THEN THE MATERIAL FORM!

Just listen: "And God said, Let there be light ... And God said, Let there be a firmament ... And God said, Let us make man ...."

First the "word", then the material form. Scientists tell us that words denote ideas, mental concepts - that you can always judge how far a race has advanced in the mental scale by the number of words it uses. Its vocabulary is the measure of its ideas. Few words -- few ideas, few mental images.

Therefore, when God said -- "Let the earth bring forth grass," He had in mind a clear mental image of what grass was like. In other words, He had already formed the mold. As the Scriptures put it -- "The Lord God made the earth and the heavens, and every plant of the field before it was in the earth, and every herb of the field before it grew." He made the mental image, the mold. It needed then only to draw upon the energy about Him to fill that mold and give it material form.

And that is all you, too, need to do to give your word of power material form -- first make the mental image, the mold, then pour into it the elements necessary to make that image manifest for all to see.

What do you want first? -- Health -- Happiness? Riches?

For perfect health, begin by taking the life out of every distorted image of sickness or imperfection. Charge those nerve centers of yours to withdraw their supporting hands, and let your image of disease collapse like the pricked bubble it is.

THEN IMAGE THE PERFECT MOLD OF WHATEVER ORGAN HAS BEEN DISEASED. Image the perfect mold of it so vividly that you can clearly see it in your mind's eye, then charge The God in You to reach out with its millions of hands for all the elements it needs to make that perfect image manifest.

First the word (the mental image), then the creation. But the creation will never become manifest without faith. So when you have made your image, when you have set The God in You to work pouring into it the elements it needs for life, "believe that you receive!" See with the eyes of your mind that perfect organ functioning as it was meant to, and thank God for it!

For riches, the same principle holds true. Take your life out of every image of debt, of lack, of unfulfilled obligation. The God in you is a God of plenty. He cannot owe money. He cannot be limited. There are no circumstances powerful enough to force Him to live in poverty or want.

Yet He, remember, is devoted entirely to your advancement. So how can you be tied down by debt or limitation of any kind?

How? Because YOU have insisted upon it. Instead of a God of plenty, you have worshipped one of want. Instead of reaching out for what you needed, you have tied the hands of The God in You and tried to do their work with the paltry powers of your material hands.

Unloose The God in You! Give Him a job and set Him to work. Make your mental image of the great business or other service you long for, then set The God in You to work bringing to you every element you need to make that image real. And don't wait until you receive the whole of it, but as fast as any element becomes manifest, USE it!

If you have only 10¢, USE it to start your great idea. If you have only the idea, START it, even though you can take only the first step. First the word, remember, then the creation. And there can be no creation without faith.

Show your faith by using each element as fast as it makes itself manifest, even though there be no sign that any other element is following, and before you know it, your whole structure will be complete.

Have you ever read Genevieve Behrend's account of how she got $20,000, when, from all material points of view, her chances of ever seeing that amount of money were just about nil?

"Every night before going to sleep," she writes, in YOUR INVISIBLE POWER, "I made a mental picture of the desired $20,000 which seemed necessary to go and study with Troward. Twenty imaginary $1,000 bills were counted over each night in my bedroom, and then, with the idea of more emphatically impressing my mind with the fact that this twenty thousand dollars was for the purpose of going to England, and studying with Troward, I wrote out my picture, saw myself buying my steamer ticket, walking up and down the ship's deck from New York to London, and finally saw myself accepted as Troward's pupil. This process was repeated every morning and every evening, always impressing more and more fully upon my mind Troward's memorized statement: 'My mind is a center of Divine operations.' I endeavored to keep this statement in the back part of my consciousness all the time, with no thought in mind of how the money might be obtained. Probably the reason why there was no thought of the avenues through which the money might reach me was because I could not possibly imagine where the $20,000 would come from. So I simply held my thought steady and let the power of attraction find its own ways and means.

"One day while walking on the street, taking deep breathing exercises, the thought came; 'My mind is surely a

center of Divine operation. If God fills all space, then God must be in my mind also; if I want this money to study with Troward that I may know the truth of Life, then both the money and the truth must be mine, though I am unable to feel or see the physical manifestations of either. Still,' I declared, 'it must be mine.'

"While these reflections were going on in my mind, there seemed to come up from within me the thought: 'I AM all the substance there is.' Then, from another channel in my brain the answer seemed to come, 'Of course, that's it; everything must have its beginning in mind. The Idea must contain within itself the only one and primary substance there is, and this means money as well as everything else.' My mind accepted this idea, and immediately all the tension of mind and body was relaxed. There was a feeling of absolute certainty of being in touch with all the power Life has to give. All thought of money, teacher, or even my own personality, vanished in the great wave of joy which swept over my entire being. I walked on and on, with this feeling of joy steadily increasing and expanding until everything about me seemed aglow with resplendent light. Every person I passed appeared illuminated as I was. All consciousness of personality had disappeared, and in its place there came that great and almost overwhelming sense of joy and contentment.

"That night when I made my picture of the twenty thousand dollars it was with an entirely changed aspect. On previous occasions, when making my mental picture, I had felt that I was waking up something within myself. This time there was no sensation of effort. I simply counted over the twenty thousand dollars. Then, in a most unexpected manner, from a source of which I had no consciousness at the time, there seemed to open a possible avenue through which the money might reach me.

"Just as soon as there appeared a circumstance which indicated the direction through which the twenty thousand dollars might come, I not only made a supreme effort to regard the indicated direction calmly as the first sprout of the seed I had sown in the absolute, but left no stone unturned to follow up that direction, thereby fulfilling my part. By so doing, one circumstance seemed naturally to lead to another, until, step by step, my desired twenty thousand dollars was secured."

For happiness, the method is no different. Your God is a God of love, and real love can know no unhappiness, for love gets its happiness from giving.

There are laws to interfere with almost every other

activity of humanity, but none to keep you from giving as much as you like. An unselfish giving results in getting, just as surely as planting results in harvesting. Give with no thought of reward but the good of the one you are helping, and good is bound to flow back to you.

Love begets love, you know, so take your life out of every thought of enmity, of repining, of unhappiness. In place of these, see yourself in your mind's eye giving every manner of happiness to all whom you would have love you. Image that in your mind's eye, then set The God in You to work bringing you opportunities to make all these loved ones happier. And as fast as each opportunity presents itself, USE it! No matter how tiny an opportunity it may be, use it! No matter if it be merely the chance to say a pleasant word, to give a kindly smile, to bring a happy thought, use it!

And in the using, you will find that doubly great happiness has come to you.

Each of us is a miniature sun, his circumstances and surroundings his solar system. If debts and disease and troubles form part of your system, what is the remedy? Let go of them, of course! If you want new planets of riches and youth and happiness, how can you get them? In the same way the sun does, and only in that way -- by throwing them off from yourself.

Remember this: Nothing can come into your solar system except from you or through you. If it comes from outside, it is not yours and has no power over you until you take hold of it mentally and accept it as yours. If you don't want it, you can refuse to accept it, refuse to take hold of it, refuse to believe in its reality -- then put in the place it seems to occupy, the perfect condition of your own imaging.

If there is something lacking in your solar system, you have only to "speak the word" -- create the mental image, then hold to that image in serene faith until The God in You has filled it with those elements that make it visible to all.

It is your own fault when you allow yourself to become the victim of personal impotence or of undesirable external situations. As Emerson put it -- "Nothing external to you has any power over you." You fear these negative seemings simply because you BELIEVE in them, when all the time it is only that BELIEF that gives them power and authority.

Remember, YOU are the central sun of your own solar system. YOU have dominion over everything within that system. YOU can say what shall enter, what shall stay there. And

you have infinite attractive power to draw to you anything of good you may desire. Nothing stands between you and your fondest desires but lack of understanding of or faith in this power of attraction.

But once you send out the desire, you must have perfect faith in the result. You cannot accomplish anything by expressing a desire and then spending your time fearing and worrying lest you will not find the work you seek, or not have the money in time to pay your bills, or that some other evil thing will happen to prevent good from coming to you. The law of attraction cannot bring both good and evil at the same time. It must be one or the other. And it is up to YOU to decide which it shall be.

"After any object or purpose is clearly held in thought," says Lilian Whiting, "its precipitation in tangible and visible form is merely a question of time. Columbus saw in vision a path through trackless waters around the world. The vision always precedes and itself determines the realization."

Dare you to say -- "Every day in every way I am getting richer and richer"? If you dare -- and will follow up the word with the mental image of yourself HAVING all the riches you desire -- Spirit substance will make your word manifest and show you the way to riches.

You were designed by the Father to be master of your fate and captain of your soul. If you are not exercising that mastery, it is because you are lying down on the job. Instead of mastering your thoughts and mental images, you are letting them bow down before mere things.

No thing can make you unhappy if you will exercise your divine power of love and blessings towards it. Everything is good in its essence, and that good essence will respond to your call of blessing, and its good will come forth to meet you.

"The world stands out on either side
No wider than the heart is wide;
Above the world is stretched the sky --
No higher than the soul is high;
The heart can push the sea and land
Farther away on either hand;
The soul can split the sky in two,
And let the Face of God shine through."

Lesson III - TREASURE MAPPING FOR SUPPLY

By Robert Collier

So many people have won to success and happiness by making "Treasure Maps" to more easily visualize the things they wanted, that Nautilus Magazine recently ran a prize competition for the best article showing how a "Treasure Map" had helped to bring about one's heart's desire. Caroline J. Drake won the contest.

"I had been bookkeeper," she wrote, "in a large department store for seven years when the manager's niece, whose husband had just died, was put in my place.

"I felt stunned. My husband had died ten years previously, leaving a little home and some insurance. But sickness and hospital bills had long since taken both home and money. I had supported the family for eight years and kept the three children in school, but had not been able to save any money. The eldest child, a boy, had just finished high school but as yet had found nothing to do to help along.

"Day after day I looked for work of any kind to do which might pay rent and give us a living. I was thirty-five years old, strong, capable and willing; but there was absolutely no place for me. For the first time in my life I was afraid of the future. The thought that we might have to go on relief appalled me.

"Thus three months passed. I was behind two months with the rent when the landlord told me I would have to move. I asked him to give me a few days longer in which to try and find work. This he agreed to do.

"The next morning I started out again on my rounds. In passing a magazine stand I stopped and glanced over the papers and magazines. It must have been the answer to my many prayers that led me to pick up the copy of a magazine which stared me in the face. Idly I opened it and glanced at the table of contents. My mind was in such a turmoil that I was barely conscious of the words which my eyes saw.

"Suddenly my eye was caught by a title about 'treasure-mapping' for success and supply. Something impelled me to buy a copy of the magazine which proved to be the turning point in our lives.

"Instead of looking for work, I went home. Still under the influence of that 'Something' (which I did not then understand) I began to read the magazine. Strange and unreal

as it then seemed, still I did not doubt. I read each article eagerly and in its order. When I came to the article about treasure-mapping to bring success and supply, something about the idea seemed to hold me in its grip. As a child I had always loved games, and this idea of making a treasure-map reawakened that old desire.

"I read the article several times. Then, with a bunch of papers which I hunted up, I set to work to make my treasure-map of success and supply. So many things came into my mind to put on that treasure-map! First, there was the little cottage at the edge of town. Then there was a little dress and millinery shop which I had always longed for. Then, of course, a car. And in that cottage would be a piano for the girls; a yard in the back where we could work among the flowers of an evening or a morning. My enthusiasm grew by leaps and bounds. From magazines and papers I cut pictures and words and sentences -- all connected with the idea of success and abundance.

How I Made the "Treasure-Map"

"Next I found a large sheet of heavy white paper and began building that map. In the center I pasted a picture of a lovely little cottage with wide porches and trees and shrubbery around it. In one corner of the map I put a picture of a little storeroom and underneath I pasted the words, 'Betty's Style Shop.' Close to this I pasted pictures of a few very stylish dresses and hats.

"At different places on the map I placed sentiments and mottoes -- all carrying out the idea of success, abundance, happiness and harmony.

"I do not know how long I worked on that treasure-map which was to be the means of attracting into our lives the things which we had need of and desired. I could already feel myself living in that cottage and working in the little dress shop. Never had I felt so completely fascinated and thrilled with an idea as with that treasure-map and what I was sure it would bring us. I tacked the map on the wall of my bedroom, right in front of my bed, so that the first thing I saw in the morning and the last thing at night would be that treasure-map of my desires.

"Every night and morning I would go over every detail of that map until it fairly seemed to become a part of my very being. It became so clear that I could call it instantly to mind at any moment in the day. Then in my Silence period I would see myself and the children going through the rooms of the cottage, laughing and talking, arranging the furniture

and curtains. I would picture my daughters at the piano singing and playing; I would see my son sitting in the library with books and papers all around him. Then I would picture myself walking about my shop, proud and happy; people coming in and going out. I would see them buying the lovely hats and dresses, paying me for them and going out smiling.

"During all this time, I was learning more and more of the power of the mind to draw to us the things and conditions like unto our thoughts. I understood that this treasure-map was but the means of impressing upon my subconscious mind the pattern from which to build the conditions of success and harmony into our lives. Always, after each of my Silence periods, I would lovingly thank God that the abundance and harmony and love were already ours. I believed that I had received; for mentally living in the cottage and working in the shop was to me the certain fact that I would take possession of them in the material world just as in the mental.

"When the children found out what I was doing, they entered heartily into the spirit of the game and each of them soon had a treasure-map of his own.

"It was not many weeks before things began to happen. One day I met an old friend of my husband's and he told me that he and his wife were going west for several months and asked if we would come out and take care of their house for the rent. A week later we were settled in that cottage, which was almost the very picture of the one I had on my treasure-map. A little later my son was offered work evenings and Saturdays in an engineering office, which proved the means of his entering college that fall.

"We had been in the cottage nearly two months when I saw an advertisement in the local paper for a woman to take charge of a lady's dress shop. I answered the ad and found that the owner was having to give up the shop for several months, perhaps permanently, on account of her health. Arrangements were quickly made so that I was to run the business and share half the expenses and the profits.

"Within six months after we started treasure-mapping for supply, we had accomplished practically everything that map called for. When the owner of the cottage came back several months later, he made it possible for us to buy the place and we are still here.

"The business, too, is mine now. The lady decided not to come back, so I bought the business, paying her so much a month. It is a much larger and more thriving business now -- thanks to the understanding of the power of thought which I gained through my study and practice."

In another article in Nautilus, Helen M. Kitchel told how she used a "Treasure Map" to sell her property. She pasted an attractive picture of her house on a large sheet of paper, put a description of it underneath and then surrounded picture and description with such mottoes as -- "Love, the Divine Magnet, attracts all that is good" -- and others of a similar nature. She hung her map where she could see and study it several times a day, and repeated some of the affirmations or mottoes whenever the thought of making a sale occurred to her.

She also started a little private letter box which she called "God's Box" and in it, whenever the thought occurred to her, she placed a letter written to God telling of her needs and desires. Then each month she went over the letters, taking out and giving thanks for those that had been answered.

Within a year her house was sold, on the very plan she herself had outlined in one of her "Letters to God," on the exact basis and for the exact price she had asked in that letter.

Another method is to "Talk with God." Go somewhere where you can be alone and undisturbed for a little while, and talk aloud to God exactly as you would to a loving and understanding Father. Tell Him your needs. Tell Him your ambitions and desires. Describe in detail just what you want. Then thank Him just as you would an earthly father with whom you had had a similar talk and who had promised you the things you asked for. You will be amazed at the result of such sincere talks.

"My word shall not come back to me void, but shall accomplish that whereunto it was sent." Whatever you can visualize -- and BELIEVE in -- you can accomplish. Whatever you can see as yours in your mind's eye, you can get. "In the beginning was the Word." In the beginning is the mental image.

Corinne Updegraff Wells had an article in her little magazine "Through Rose Colored Glasses" that illustrates the power of visualizing your ambitions and desires. "Many years ago," she says, "a young girl who lived in a New York tenement was employed by a fashionable Fifth Avenue modiste to run errands, match samples and pull basting threads.

"Annie loved her job. From an environment of poverty she had become suddenly and miraculously an inhabitant of an amazing new world of beauty, wealth and fashion. It was thrilling to see lovely ladies arrive in fine carriages, to watch the social elite preen before Madam's big gold framed mirrors.

"The little errand girl, in her starched gingham, soon became filled with desire and fired with ambition. She began imagining herself as head of the establishment instead of its most lowly employee. Whenever she passed before mirrors she smiled at a secret reflection she saw of herself, older and more beautiful, a person of charm and importance.

"Of course, nobody even suspected the secret existence of this make-believe person. Hugging her precious secret, Annie smiled confidently at that dazzling reflection in the mirror and began playing an exciting game. "I'll pretend I'm already Madam. I'll be polite and look my best and have grand manners and learn something new each day. I'll work as hard and take as much interest as though the shop were really and truly mine.

"Soon fashionable ladies began whispering to Madam: 'Annie's the smartest girl you've ever had!' Madam herself began to smile and say: 'Annie, you may fold Mrs. Vandergilt's gown if you'll be very careful,' or 'I'm going to let you deliver this wedding dress,' or, 'My dear, you're developing a real gift for color and line,' and, finally, 'I'm promoting you to the work-room.'

"The years passed quickly. Each day Annie came more and more to resemble the image she alone had seen of herself. Gradually, the little errand girl became Annette, an individual; then Annette, stylist; and finally, Madam Annette, renowned costume designer for a rich and famous clientele.

"The images we hold steadfastly in our minds over the years are not illusions; they are the patterns by which we are able to mould our own destinies."

"You never can tell when you do an act
Just what the result will be,
But with every deed you are sowing a seed,
Though the harvest you may not see.
Each kindly act is an acorn dropped
In God's productive soil;
You may not know, but the tree shall grow
With shelter for those who toil.

"You never can tell what your thought will do
In bringing you hate or love,
For thoughts are things and their airy wings
Are swifter than carrier doves.
They follow the law of the universe --
Each thing must create its kind,
And they speed o'er the track to bring you back
Whatever went out from your mind."

-- Ella Wheeler Wilcox.

Lesson IV - "WANTED: RAIN!"

By Robert Collier

> "From one to two inches, and free from hail if possible. Is badly needed to save remaining crops and fill the reservoirs. Must be delivered soon to do any good. Will pay highest market price.
>
> "Can be delivered any place; prefer general rain. Showers gratefully accepted, but prefer real, honest-to-goodness downpour.
>
> "This offer made by the following firms for the general good of the community, and in the general belief that anything worth having, is worth asking for."

Belle Fourche, South Dakota needed one thing -- RAIN -- to save remaining crops and fill the reservoirs. Why not advertise for it, thought L. A. Gleyre, publisher of THE NORTHWEST POST. A novel idea -- advertising to the Lord -- never been tried in just that way before, but at least there was no harm in trying. The prayerful advertisement reprinted above from ADVERTISING AND SELLING was the result.

"We proposed to each merchant in town," says Mr. Gleyre, "that he pay $2.50 for his name at the bottom of the page ad, with the provision that if no material rain fell between the date of the advertisement and the following Tuesday midnight, the ad was entirely at our expense.

"The idea took immediately ... we could probably have filled a double truck. While the week was rolling by, our people had a new one to think about -- their minds were actually taken off the scarcity of rain and made to function along the line of whether THE NORTHWEST POST was going to make good with their ad. The majority of our merchants were pleased with the idea. Some actually believed we had some inside information from the weather bureau which prompted our offer. A few, including one or two preachers, while not saying so to us, took occasion to say it was 'sacrilegious,' etc.

"During the specified week, light rains fell in some parts of our territory. Belle Fourche had three very light sprinkles -- not enough to count, for we agreed that the rain should be a downpour. Toward the end of the week excitement ran rife and interest continued to grow. Some of our warm friends made bets we would win. Others openly hoped we would, while everyone agreed that it would be tremendously helpful if we did win.

"We won -- but lost. Just six hours after midnight, Wednesday morning, it rained pitch-forks-and-saw-logs-for-handles. It was exactly what we advertised for -- a swash-buckling, rip-snortin' downpour of rain. It measured from one-half to two inches, and one remote point reported seven inches of rainfall!

"But we didn't charge any merchant a cent. We lost by six hours.

"I think it attracted more attention than anything we have done in years. To this day we are asked to advertise for something needed."

Where did that rain come from? Did the advertisement bring it? Does the Rain Dance of the Hopi Indians bring it? Did the prayer of Elijah bring it, as told in the Bible?

Yes! At least, so we believe, and we think we can show you good reason for that belief. Not only that, but we believe that back of these answers to prayer is the fundamental law of life and supply!

For of all the promises of Jesus, there is but one that promises us WHATEVER WE ASK shall be done for us! That one positive assurance is based on this condition -- "If two of you agree on earth as touching anything they shall ask, it shall be done for them of my Father which is in Heaven."

And again He said -- "Where two or three are gathered together in My name, there am I in the midst of them." Why is this? Why the necessity for several to unite in asking for a thing in order to be sure of getting it?

A good many years ago, Professor Henry of Princeton made an experiment with a charged magnet. First he took an ordinary magnet of large size, suspended it from a rafter and with it lifted a few pounds of iron.

> Then he wrapped the magnet with wire and charged it with the current from a small battery. Instead of only a few pounds, the now highly charged magnet lifted 3,000 pounds!

That is what happens when one person prays, believing, and another adds his prayers and his faith. In effect, the second person is charging the magnet of the first one with his current, MULTIPLYING the power of the other's prayer a dozen times over.

In Nautilus Magazine some months ago, Elizabeth Gregg told how five people prayed -- agreeing -- and the most pressing personal problem of each was soon solved. It seems that

the husband of a Mrs. A. had been sick with ulcerated stomach for months. She had prayed repeatedly, without result, so one day she picked four of her friends whom she knew to be badly in need of help in different ways, and got them to agree to meet together on a certain day each week and see if, by uniting their prayers in perfect agreement, they might not improve their condition.

At the first meeting, it was decided to pray for the recovery of Mrs. A.'s husband, so these five women, sitting in silence, mentally pictured the husband strong and well, going about his work in a happy way. Then they gave thanks that their prayer had been answered.

"It was agreed," the article goes on to say, "that promptly at twelve o'clock noon each day until the next meeting, each of the five women would stop whatever she was doing and spend five minutes in silent prayer, agreeing with each other, that the husband be freed from sickness.

"Three days after that first meeting, the husband was entirely free from pain. By the end of the week, he was on his way to complete recovery.

"Next came the problem of Mrs. B., a widow whose home was to be sold in six weeks for failure to meet her payments. With earnestness and faith the women concentrated at the stated time each day upon the desire that the way would open for her supply. And true to the law, the way did open. Just a day before the week was up a well-to-do lady in the town called and asked Mrs. B. if she would take care of her children, eight and ten, for a few weeks while she, the mother, was away. The sum she offered would take care of the back payments on the home and provide living expenses. Shortly after the lady returned she made arrangements for Mrs. B. to take care of an invalid aunt, which gave the widow a steady and lucrative income.

"Next was the problem of Mrs. C., whose husband had been out of work for several months. A few days after the week of agreement was up the husband received a letter from a cousin living at a short distance offering him work in his lumber mill. So, again the law was fulfilled.

"Then the case of little Miss D., who for years had been estranged from her family, came under the law for solution. But in this case it was several weeks before any outward sign of fulfillment appeared. However, love had entered the heart of Miss D. during this time and for the first time since the estrangement she gave way to her new feeling and wrote to each of the family asking forgiveness for what she now acknowledged had been intolerance on her part. By return mail came letters from her family, letters also filled

with the spirit of love. Thus, for the fourth time in the work of these women did the law work unfailingly.

"The last problem was that of Mrs. E., who owned a little dress shop but whose business had been almost ruined since the larger and newer shop just across the street had opened. Envy and hate had filled the heart of Mrs. E. so that she resisted all overtures at friendship which the owner of the new shop had made. Then, from her study of Truth she learned that no one need compete with anyone; that there is full abundance for all when we learn how to claim it. So, instead of envying, she now joined with the others in sending out love and good will to her competitor, as she had called her.

"A few weeks later the owner of the new store called and asked if Mrs. E. would take over the management of her store for six months while she was in the East on business. She explained that when she returned it might be advantageous to both of them to form a partnership. This was later done and today Mrs. E. is half owner of a thriving dress and millinery shop and there is perfect harmony between her and the woman she once hated."

Russell Conwell, author of "Acres of Diamonds," tells of dozens of such cases. He tells of a kidnapped child returned unharmed through the power of united prayer; of a lost child found in the same way; of men and women cured of apparently incurable diseases; of businesses saved, of positions won, of love renewed and families reunited. There is no good thing you can ask, believing, that shall not be given you.

"What will you have?" quoth God. "Pay for it and take it." And the paying consists of complying with the law of agreement, by praying -- if you pray alone -- that the good you are asking for yourself shall be given to all others as well, by "agreeing as to what ye shall ask" if you are praying in a group.

Did you ever read the diary of George Mueller covering the early days of his great work? George Mueller, you know, was the man who started an orphanage with no money in hand, no rich patrons, no prospects -- just absolute trust in God. Read the following extracts from his diary and see how that trust was justified:

"Nov. 18, 1830. Our money was reduced to about eight shillings. When I was praying with my wife in the morning, the Lord brought to my mind the state of our purse, and I was led to ask Him for some money. About four hours after, a sister said to me, "Do you want any money?" "I told the brethren," said I, "dear sister, when I gave up my salary, that I would for the future tell the Lord only about my

wants." She replied, "But He has told me to give you some money." My heart rejoiced, seeing the Lord's faithfulness, but I thought it better not to tell her about our circumstances, lest she should be influenced to give accordingly; and I also was assured that, if it were of the Lord, she could not but give, I therefore turned the conversation to other subjects, but when I left she gave me two guineas.

"On March 7. I was again tempted to disbelieve the faithfulness of the Lord, and though I was not miserable, still, I was not so fully resting upon the Lord that I could triumph with joy. It was but one hour after, when the Lord gave me another proof of His faithful love. A Christian lady brought five sovereigns for us.

"April 16. This morning I found that our money was reduced to three shillings; and I said to myself, I must now go and ask the Lord earnestly for fresh supplies. But before I had prayed, there was sent from Exeter two pounds, as a proof that the Lord hears before we call.

"October 2. Tuesday evening. The Lord's holy name be praised! He hath dealt most bountifully with us during the last three days! The day before yesterday five pounds came in for the orphans. O how kind is the Lord! Always before there has been actual want he has sent help. Yesterday came in one pound ten shillings more. Thus the expenses of yesterday for housekeeping were defrayed. The Lord helped me also to pay yesterday the nineteen pounds ten shillings for the rent.

"I saw more clearly than ever that the first great and primary business to which I ought to attend every day was to have my soul happy in the Lord. The first thing to be concerned about was not how much I might serve the Lord, how I might glorify the Lord; but how I might get my soul into a happy state, and how my inner man might be nourished.

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"As to my temporal supplies. The Lord has been pleased to give me during the past year 350 pounds, 4 shillings, 8 pence. During no period of my life has the Lord so richly supplied me. Truly, it must be manifest that, even for this life, it is by far the best thing to seek to act according to the mind of the Lord as to temporal things. We have to make known our need to God in prayer, ask His help, and then we have to believe He will give us what we need. Prayer alone is not enough. We may pray never so much, yet, if we do not <u>believe</u> that God will give us what we need, we have no reason to expect that we shall receive what we have asked for."

"In the heart of man a cry, in the heart of God supply." But as Mueller said, prayer alone is not enough. If we do not BELIEVE that God will give us what we ask for, we have no reason to expect that we shall receive it.

How can we cultivate such belief? Jesus gave us the cue. "Unless ye be converted (turned about) and become as a little child, ye shall in no wise enter the kingdom of Heaven." And again -- "Unless a man be born again, he shall not enter the Kingdom."

How can we become as a little child? How can we be born again? The first essential would seem to be to determine what there is about a child that we must imitate. What one thing is universal with all little children? DEPENDENCE, is it not? Utter dependence upon those around them, utter faith in them to provide their needs. And the greater the dependence, the better those needs seem to be supplied.

Take the embryonic child in its mother's womb, for instance. At inception, it measures only .004 centimeters. In nine months, it multiplies in size a billion times. That is what happens to it during its state of most utter dependence. In the next eighteen to twenty-one years, when it comes to depend more and more upon itself, it increases only sixteen times.

Does that mean we should make no effort ourselves? By no means! The admonition given us was -- "Work and pray!" And the "work" is emphasized first. But it does mean that when we have done all that is in our power, we can confidently and serenely leave to the Lord whatever else is necessary to the accomplishment of our desire.

Three thousand years ago, there was a poor woman whose husband had just died and left her with two small sons and a heavy burden of debt.

The amount was not much, as debts go today, but when you have not a cent, even a small debt looks big as a mountain. And the widow had nothing at all.

So in the fashion of those days, her creditor purposed to sell her sons into bondage. For even in those semi-barbaric times, property was more valuable than life. The right of human beings to life, liberty and the pursuit of happiness had never even been heard of -- in fact, any man would have been considered a Bolshevik and a menace to the community who suggested so heretical a doctrine.

In our enlightened times, of course, they would do the things differently. The widow would only have to move to the slums, take her boys out of school and set them to selling papers, while she took in washing or some similar uplifting and exhilarating work.

But in those bad old days, there were no tabloids for them to sell, so they just made slaves of them. This widow's creditor was about to sell her boys into slavery. So she, having nowhere else to turn, went to the Prophet Elisha, and begged him to help her in her need.

And what do you suppose Elisha did? Took up a collection? Or appealed to the fund for widows and orphans? Not he! "What have you in the house?" he asked.

Just that. "What have you in the house?" He did not suggest that she go to the Chamber of Commerce or some philanthropical society, or stage a demonstration at the White House, or ask Congress to adopt the "dole". Not he! He believed in using the means at hand, believing that God always provides unlimited supply if we but have the courage and faith to use what we have.

So he merely asked what the widow had to start with, and when told -- "Naught save a pot of oil," he bade her borrow vessels from the neighbors and pour out into them the oil that she had. In other words, she was to start the flow. And it is written that so long as she had vessels to receive it, the oil kept flowing.

When the vessels were all filled, Elisha bade her sell the oil and pay her debt, and then start afresh with her sons beside her.

What have YOU in the house? When troubles assail you, do you sit back and bemoan your fate, waiting for some friend to help, or do you take stock of what you have, and set to work using it?

You remember the story of the man who came from the hospital after an accident, completely paralyzed. Of all his body, he could move only one finger. In those circumstances, wouldn't you have given up? But he didn't. "If I can move but one finger," he decided, "I'll use it to do more than one finger ever accomplished before!" He did -- and lo and behold! In a little while, the fingers next that one began to show life, too. Before many months had passed, he was using every muscle in his body.

I know of a man who lost everything he had in the clothing business. From an expensive apartment, he had to move his family into the poorest rooms in town, where they and their neighbors did not know from one day to another, where the next meal was coming from. They were downcast -- yes. But discouraged? No!

He went around to some of his old creditors -- got them to trust him for a few knit neckties that they could not sell anywhere else -- found a printer who would give him

credit for a few hundred envelopes, letterheads and postage -- and sent those ties to lists of men culled from the occupational directory of the telephone book. As fast as the money for them came back, he bought more ties and mailed them out, he and his family doing the work of enclosing, addressing and stamping in their cramped little apartment. Before that type of selling became passé, he had made two hundred thousand dollars out of it. Yet most men in the same circumstances give up and quit. Life's biggest mistake, according to Harrington Emerson, is to under-estimate your power to develop and to accomplish. Ella Wheeler Wilcox says:

"Ships sail east, and ships sail west,
By the very same breezes that blow;
It's the set of the sails, and not the gales,
That determine where they go."

Success is not a thing -- not a guerdon that awaits you at some far-off shrine. Success lies in doing well whatever thing you are doing now. It is more a matter of mental attitude than of mental or physical capacity. You have all the fundamentals of it right now. But it is only the USE of them that can make you successful.

"All very well," perhaps you say, "but look at the handicaps I am under. There is Jim Jones, whose father left him a million -- and all mine left was some debts to add to my own."

Have you ever read Emerson's comparison of Alaska and Switzerland? Alaska, according to him, is in six respects much better off than Switzerland. It has tremendous resources of virgin forests; Switzerland has practically none. It has great stores of gold and silver and copper and lead and tin and coal; Switzerland has practically none. It has fisheries -- the greatest in the world; Switzerland has none.

It has in proportion to its area, greater agricultural possibilities than Switzerland -- over a hundred thousand square miles suitable for agriculture. It has a tremendous seacoast; Switzerland none. And yet if Alaska were supporting the same number of people to the square mile as Switzerland, it would have 120,000,000 inhabitants.

Now the Swiss have marketed what? Natural resources? No! The Swiss are a people who take a block of wood that was worth ten cents and convert it into a carving worth a hundred dollars.

They will take a ton of metal, steel, brass, and so on, and put it together in such form as to make it worth several million dollars.

They take cotton thread that they buy from this coun-

try at twenty cents a pound, and they convert it into lace worth a couple of thousand dollars a pound.

And because as a nation they have learned the art of utilizing their latent capacities, they have prospered abundantly.

What is the moral? Simply this: It is not money that counts. It is not natural resources. It is the way you use what you have! You can succeed with what you have at this moment, if only you learn to use it rightly.

"Ask not for some power that has been denied you. Ask what ability you have which can be made to develop into something worth while. What is in your hand?"

"We are too apt to think," says Bruce Barton, "that if we had some other man's equipment or opportunity, we could do great things. Most successful men have not achieved their distinction by having some new talent or opportunity presented to them. They have developed the opportunity that was at hand."

Great successes are simply a group of little successes built one upon another, in much the same way that John MacDonald's first great subway was merely a long line of little cellars -- strung together! As Professor James put it --

"As we become permanent drunkards by so many separate drinks, so we become saints in the moral, and authorities and experts in the practical and scientific spheres, by so many separate acts and hours of working. Let no one have any anxiety about the upshot of his work or education, whatever the line of it may be. If he keeps faithfully busy each hour of the working day, he may safely leave the final result to itself. He can with perfect certainty count on waking some fine morning, to find himself one of the competent ones of his generation, in whatever pursuit he may have singled out."

What makes a great musician? Practice -- keeping everlastingly at it until playing becomes second nature. What makes a great artist, a great lawyer, a great engineer, a great mechanic or carpenter? Persevering study and practice. You may have a natural liking for a subject, so the study of it is easier to you than to others, but the big successes in life have seldom been the brilliant men, the natural wonders, the "born orators" or the talented artists. The great successes have been the "grinds."

"A few years ago," said Dr. John M. Thomas, President of Rutgers University, "Rutgers had a student called a 'greasy grind' by some of his classmates. This was S. Parker Gilbert, Agent-General for Reparations under the Dawes plan. He may have been a 'greasy grind', but at thirty-two he was earning $45,000 a year. And, according to Owen D. Young,

Chairman of the Board of Directors of the General Electric Company, Gilbert held for several years the most important political position in the world."

A good many men in and out of college have an idea that to study is foolish. "No one ever gets anywhere from studying," they say. S. Parker Gilbert is only one of thousands of cases that prove to the contrary.

The most important job in the world for you is the one above yours. And the way to get it is to study -- to "grind" -- until you can put more of knowledge, more of skill, more of initiative into it than any man around you. Only thus can you win success.

Why do so many fail? Because they do not try hard enough, work persistently enough. The doors of opportunity are always closed. They have been since the world began. History tells us of no time when you could walk down a street and find any doors of opportunity standing open and inviting you to come in. Doors that are worth entering are usually closed, but the resolute and courageous knock at those doors, and keep knocking persistently until they are opened.

You remember the parable of the importunate friend:

"And He said unto them, Which of you shall have a friend, and shall go unto him at midnight and say unto him, Friend, lend me three loaves; for a friend of mine in his journey is come to me, and I have nothing to set before him?

"And he from within shall answer and say, Trouble me not; the door is now shut, and my children are with me in bed; I cannot rise and give thee.

"I say unto you, though he will not rise and give him because he is his friend, yet because of his importunity he will rise and give him as many as he needeth. And I say unto you, Ask, and it shall be given you; seek, and ye shall find; knock and it shall be opened to you."

Why do so many fail to receive that for which they ask? Because they are not importunate enough. They do not convince the God in them that their prayer is something they MUST have. They ask and knock once or twice, and because the door is not immediately opened, they give up in despair. Remember -- "He that wavereth is like a wave of the sea, driven with the wind and tossed. Let not that man think that he shall receive anything of the Lord."

"If you have faith in God or man or self,
Say so; if not, push back upon the shelf
Of silence all your thoughts till faith shall come
No one will grieve because your lips are dumb."
-- Ella Wheeler Wilcox.

Lesson V -- CATALYSTS OF POWER

By Robert Collier

"Doubt not, fear not, work on, and wait;
As sure as dawn shall conquer dark,
So love will triumph over hate,
And Spring will bring again the lark."

-- Douglas Malloch

Nearly two thousand years before Christ, it was said in the Vedas (the sacred writings of the Hindoos) that if any two people would unite their psychic forces, they could conquer the world, even though singly they could do nothing.

Then came Jesus to tell us even more positively that if two of us agree as touching anything we may ask, it shall be done for us.

Jesus never made any such positive promise of certain results when we pray alone. Why should it be necessary for two to unite their desires or prayers in order to be sure of results? If you add 2 and 2, you get only 4. If you add your muscular power to mine, you can lift only twice as much as either of us could lift alone. Yet if you add your prayers to mine, you get -- not merely twice the power, but a hundred or a thousand times as much!

Why should this be? We have the word of many great psychologists that it is so. Judge Troward of England, who was to the British Empire what Professor Wm. James was to America, is authority for the statement, as is Brown Landone and a score of psychologists of lesser note. What is the reason?

Perhaps the answer lies in what chemists call CATALYSTS. In chemistry there are certain substances which, when added to others, release many thousands of times as much power as they themselves contain. These catalysts, without losing any of their own energy, multiply the energy in other substances by thousands and sometimes even by millions! Perhaps that is what happens when two or more unite as touching the thing they shall pray for. Perhaps one is a CATALYST, multiplying the power of the other by thousands upon thousands of times. Certain it is that even Jesus, when those about Him were not in sympathy with Him and did not believe in Him, as on the occasion of His visit to Nazareth, worked no mighty works. Perhaps that is why, when He sent out His disciples to heal the sick, He sent them out "two by two."

Be that as it may, one thing is sure: If two or more of you will get together for a minute or two each day, and really agree as touching the thing you shall ask and the way you shall ask for it, you will get amazing results. Mind you, it is not enough to merely pray together for the same thing. You must unite your thought. You may ask me to pray with you that you may be healed of an ulcerated stomach, and when we pray, you may be picturing those sores and thinking of the pain and trouble they have been causing, while I am picturing the perfect organ that God gave you. That is not uniting our forces. That is setting them in opposition. We must both think health. We must both see in our mind's eye the thing we WANT -- not the one we fear or wish to be rid of.

The same is true of debts. You may be thinking of all the money you owe, of the mortgage that is falling due, of the cut in pay you had to take, while I am trying to help you by thinking of the Infinite Supply that God is sending you. We'll never accomplish much that way. We've BOTH got to think of and visualize RICHES -- not debts or lack. We've got to remember that the debts or other wrong conditions are merely the LACK of riches or health or other good thing, and that when we provide the good, the evil disappears as naturally as darkness disappears when you turn on the light. So what we must think of and see in our mind's eye is the light -- i.e. the riches or the perfect health or the love or other good thing we desire.

If two can unite in doing that, there is no good thing they can ask, believing, that they cannot get. In the preceding lesson, we quoted the article by Elizabeth Gregg in Nautilus, telling how five women prayed together, and every prayer was answered. In one of his books, Russell Conwell tells of a little group in his church who were in such straitened circumstances that they decided to get together and see if, by uniting their prayers, they could not improve their finances.

So they met at the house of one of their number who happened to be a bookbinder by trade, and decided that each week the whole group would unite their prayers to solve the difficulties of some one member.

The bookbinder was the first one chosen. He owed a great deal of money, and had no means of paying his debts. So that evening, the group prayed that he might receive help in meeting his obligations. It was then agreed that at noontime every day until the next meeting, each member would stop whatever he was doing, and spend a minute or two in silent prayer that the bookbinder's needs might be met.

The meeting was on Tuesday evening. The next day

after lunch, as was his custom, the bookbinder dropped into a publishing house nearby for a chat with some friends. He met there a man from Washington who told him that "for the first time in his life, he had forgotten his train," and must now get back home on some urgent business, without placing a contract which he had intended to give to a New York bookbinder.

The bookbinder suggested that he also was in that business and possibly could help him, but the other objected that the particular class of work he wanted could be done only in New York. Upon the binder persisting, however, he explained his needs, and being convinced that they could be filled right there in as satisfactory a way and on more reasonable terms than in New York, he not only gave the binder the contract, but advanced enough money to more than take care of his difficulties!

The binder hurried to the other members of his group and told them of his good fortune. His problem was so completely solved that he felt they ought to start work at once for some other member, because all were so badly in need. All felt so elated over their success in helping the binder solve his problem that they chose the most difficult case of all as the next.

This was a jeweler who had grown so old and forgetful that his business was in a deplorable condition. Bankruptcy seemed so sure that his son had moved out of town to avoid sharing the disgrace.

Two or three days after the group started working on the jeweler's problem, the son came to town for a day to attend a funeral. On the return trip from the cemetery, he fell into conversation with one of the other mourners, in the course of which the latter mentioned that he was looking for an expert in clock-making to superintend a new factory he was erecting in another city.

The son told him his father was a master of that art, but no good at managing finances. The upshot of it was that the jeweler applied for the position, at the same time explaining his present financial difficulties. The manufacturer liked his letter, went over the whole situation with him, and ended by taking over the store as a retail outlet, paying off the old debts, and forming a business connection with the jeweler which prospered both amazingly.

An old lady who owned a small notion store was next. Soon after the group united in prayer for her, a fire destroyed the store next door to her. The owner decided to

build bigger than before, and offered her not only an attractive price for her store, but an interest in his business, which paid her enough to live in comfort the rest of her days.

EVERY MEMBER OF THAT GROUP BECAME PROSPEROUS!

You have problems too great to be solved by you alone. And you have friends with problems that they are unable to handle. Why not get together and unite your forces? Why not meet for fifteen minutes once a week, talk over your difficulties, decide upon the case that seems most pressing, and then at a certain time each day, all of you drop whatever you are doing and give a minute or two to uniting your thought and your prayers? You CAN do it, and you will be amazed at the power of your united prayers. There is nothing of good you can ask, believing, that cannot and will not be done for you.

"No star is ever lost we once have seen,
We always may be what we might have been."

Lesson VI -- THE FIRST COMMANDMENT

By Robert Collier

"If with pleasure you are viewing
Anything a man is doing,
If you prize him, if you love him,
Tell him now.
Don't withhold your approbation
Until the Parson makes oration
And he lies with many lilies on his brow.

"For no matter how you shout it
He won't really know about it,
He won't count the many teardrops
That you shed.
If you think some praise is due him,
Now's the time to pass it to him.
For he cannot read his tombstone when he's
dead."

"What shall I do to be saved?" asked the rich young man of Jesus 1900 years ago. And today most of us are asking essentially the same question -- "What shall I do to be saved from poverty and sickness and unhappiness, here and now as well as in the hereafter?"

"Keep the commandments!" was the Master's answer to the rich man. And later, when asked -- "What is the greatest commandment," He told His hearers: "Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind: This is the first and great commandment. And the second is like unto it. Thou shalt love thy neighbor as thyself. On these two commandments hang all the Law and the Prophets."

Sounds simple enough, but just what is "loving God"? Is it going to Church and being a professed Christian? Or is it simply BEING THANKFUL AND HAPPY!

Going to Church and being an example to your neighbors are excellent, but is there any way in which you can show your love for God better than by being happy? Happiness implies praise, satisfaction with what God has done, thankfulness for His good gifts. Happiness means that you are enjoying life, appreciating it to the full, radiating joy to all about.

And loving your neighbor is just making him happy, too -- praising him and blessing him and doing what you can to help him.

Can you think of any commandment, any law, that would do as much towards universal peace, towards settling the

strife between labor and capital, towards bringing the millenium, as these two?

1 -- Be thankful and happy yourself.
2 -- Try to make your neighbor happy.

"On these two commandments hang all the Law and the Prophets."

Someone has wisely said that the first step towards universal peace is to have peace in our own hearts -- to wish our neighbors well, to bless and praise even those who have used us despitefully. Evelyn Gage Browne expressed the thought when she wrote --

"This old world needs the tender touch,
The kindly word, the lifting hand,
The love that blesses us so much,
And friendly hearts that understand."

It is said that a woman once went to Krishna and asked him how to find the love of God. "Who do you love most?" he inquired. "My brother's child," she answered. "Go back and love him more," advised Krishna. She did so, and lo! Behind the boy, she saw the form of the Christ child.

The same thought is expressed in the old legend of the group that went out to find the Christ child. There were knights and great ladies and monks and clergymen and all manner of people, and among the latter was a kindly old shoemaker. Everyone laughed at the idea of his going out when so many of the great ones of the earth were ahead of him. But after they had all come back disappointed, the bent little shoemaker walked joyfully in, accompanied by the Christ Child himself.

"Where did you find Him?" they asked. And the Christ Child answered for him -- "I hid myself in common things. You failed to find me because you did not look with the eyes of love."

Millions of books have been written about love, but most of them know not even the meaning of the word. To them, love is passion, self-gratification. Real love is not that. Real love is GIVING. It seeks only the good of the loved one. Yet in giving love freely, you get it, for it is like energy in that it expands only as it is released. It is like a seed in that it multiplies only when you sow it. As Ella Wheeler Wilcox put it --

"Give love, and love to your heart will flow,
A strength in your utmost need;
Have faith and a score of hearts will show
Their faith in your word and deed."

Carlyle defined wealth as the number of things a man loves and blesses, which he is loved and blessed by.

Who are the unhappiest creatures on earth? Not the poor or the sick -- but those who keep all their love for themselves. They may be worth millions, they may have dozens of servants to attend to their every want, but they are bored to extinction. They are miserable. Why? Because they have stopped giving, and as the words of a beautiful hymn expresses it --

"For we must share, if we would keep
That blessing from above.
Ceasing to give, we cease to have --
Such is the Law of Love."

Life is expansion, mentally and physically. When you stop growing, you die. That is literally true in the case of your body cells, and figuratively true mentally, for when you cease to progress mentally, you are as good as dead. The undertaker may not call for a year or two, but so far as useful purposes are concerned, you might as well be buried.

And just as life is action, so is happiness service. For in helping and praising others and making them happy, you win happiness for yourself. Charles Kingsley once said that we know our relations to God only through our relations with each other. No man can love God while he hates his neighbor. No man can love God while he is himself unhappy or deliberately makes another unhappy.

To be unhappy implies a criticism of God. An unhappy man cannot be grateful, he cannot be trustful, he cannot be at peace -- and without these, how can he love God?

Yet if he lives only for himself, he is bound to be unhappy. "For whosoever shall save his life shall lose it," said the Master. "But whosoever shall lose his life for My sake, the same shall save it." He who loses himself in the service of others shall find therein life and love and happiness.

Longfellow tells of sending first an arrow into the air, and then a song, and seeming to lose them. But presently he found the arrow in an oak tree, and the song, from beginning to end, he found in the heart of a friend.

"He prayeth well," wrote Coleridge, "who
loveth well both man and bird and beast.
He prayeth best, who loveth best
All things both great and small;
For the dear God who loveth us,
He made and loveth all."

When Jane Addams graduated from college, the doctors told her she had only six months to live. If a doctor told you that, what would you do? Most of us would simply sit down and die, and feel very sorry for ourselves in the doing of it.

Not so Jane Addams. "If I have only six months to live," she said, "I'll use those six months to do just as much as I can of the things I want most to do for humanity."

And she so lost herself in the work that she forgot to die. Eight years after the time predicted for her demise, she started Hull House, the Chicago settlement that is known the world over. Not only that, but her health was as good or better than that of the doctors who had prophesied her end.

Everyone has heard of Luther Burbank and of the marvelous success he had in growing things. He could take even a prickly cactus plant and from its shoots grow a plant without thorns or prickers, from which cattle could get sustenance on even the dryest soil.

How did he work such wonders with all manner of growing things? Through the magic of love! He blessed each little plant, he praised and nursed and loved it. And the life in it responded by giving him such results as no man before him had ever dreamed of. Here is the message that Luther Burbank sent to his friends on his last birthday:

"As you hold loving thoughts toward every person and animal and even toward plants, stars, oceans, rivers and hills, and as you are helpful and of service to the world, so you will find yourself growing more happy each day, and with the happiness comes health and everything you want."

"Love and you shall be loved," said Emerson. "All love is mathematically just, as much as the two sides of an algebraic equation." The old philosopher who said -- "Take out of life anything you want, and pay for it," stated an eternal truth. You get as you give. It is well to remind one's self of this frequently by repeating now and then, when inclined to be disturbed by seeming difficulties -- ("I so love that I see all good and give all good, and all good comes back to me.")

The most universal desire in all the world is man's natural desire for happiness. It is the purpose of existence. It is God's plan -- to make man WIN happiness through struggle and service, through adding to the happiness of others.

Why is it that a moving-picture actor makes a thousand times as much as a teacher, or as an average business man or even a clergyman? Because he makes many thousand times as many people happy. He enables them to forget their troubles, to live their ideals, their dreams, through his picturing of them. When the rest of us find some way to make as many people happy, we shall share in like rewards.

A long time ago, Emerson wrote -- "He who addresses himself to modes and wants that can be dispensed with, builds

his house off the road. But he who addresses himself to problems every man must come to solve, builds his house on the road, and every man must come to it."

Just ask yourself -- What have I to GIVE that will add to the happiness of those around me? You will be surprised how many simple little ways of brightening the lives of others will present themselves, and how great the reward these ways can bring, when multiplied by hundreds or thousands.

A man down in Washington was too poor to buy his child toys, yet he wanted above everything to make that child happy. So with his pocket-knife, he carved out of discarded pieces of lumber a rough sort of Kiddie-car. It made such a hit, not only with his own youngster but with every child around, that he took it to a manufacturer and made a fortune out of it.

Years ago, a young veterinary over in England had a mother who was confined to a wheeled chair. To soften the jolts for her, he fastened a strip of rubber around the iron tires. Those strips of rubber, through constant improvement, developed into the famous Dunlop tire, which have sold by the million.

There are similar stories to be found by the hundred. The only limit to your opportunities is the limit of human happiness. And that has not yet been reached.

"My husband died a short time ago," writes a poor, harassed widow, "leaving his estate so involved that it looks as though we shall lose everything. What can I do? I have two young children to clothe and feed and educate, and I've never made a penny in my life. Tell me, is it wrong to pray for death, for I don't know what else we can do?"

Is it wrong to pray for death? What do <u>you</u> think? Is praying for death showing love for God, confidence in Him? What did the Prophet of old, in similar case? "My husband is dead," wailed the widow to Elisha, "and the creditor is come to take unto him my two sons to be bondmen." Did Elisha demand that God rain down gold upon her? On the contrary -- he asked what she had in the house, and with it he helped her to win her own salvation.

Read the story of Mary Elizabeth, and you will find an almost exact parallel. A widow with three children, no money, and the creditor "Poverty" demanding those children for bondservants. But the oldest of them asked herself -- "What have we in the house?" -- and found an ability to make others happy through delicious candy. Today the whole family is independently wealthy.

"You have no talent? Say not so.
A weaker brother you can lift
And by your strength help him to go
Renewed and blessed -- this is your gift.

"No talent? Some one needs a word
Of courage, kindness, love, and cheer --
Which only you can speak -- to gird
His spirit against grief and fear.

"Yours is a special gift that none
But you can use. Oh, lift your heart!
So much of good will be undone
Unless you do your own great part.

"You are God's helper day by day;
He comforts, guides, and speaks through you;
He needs just you in this blest way.
No talent? Oh, that is not true!"

-- Evelyn Gage Browne

The ancient Greeks had a legend that all things were created by love. Everyone was happy, because love was everywhere, and each vied with the other to make those around him happy.

Then one night while love slept, fear crept in, and with it came disease and lack and all unhappiness. For where love attracts, fear repels. Where love gives freely, Fear is afraid there will not be enough for all, so holds on to everything it has.

What was the knowledge of good and evil against which God warned Adam in the Garden? Wasn't it a knowledge of things to <u>fear</u>?

In the second chapter of Genesis, we are told that Adam and Eve were naked and were not ashamed. Why? Because they knew no evil -- therefore they feared no evil.

But they ate of the tree of knowledge of good and evil. They learned about evil. They hid themselves in the Garden in fear of evil. And immediately evil things began to happen to them, and have continued happening to their descendants ever since.

In the Garden of Eden, everything was abundance. The earth gave of its fruit bountifully. Then man learned fear. And having been given dominion over the earth, his fear reacted upon it. He feared it would hold back its fruits. He feared there would not be enough for all. He feared the snake and the wild animal, which before had been docile to his love.

What was the result? Instead of giving of its abundance gladly, he had to wrest its fruits from the earth. In-

stead of the luscious fruits and herbs of the Garden, the earth gave him the product of his fears -- thorns and thistles. Instead of friendship between him and the beasts of the forest, there was the natural fruit of fear -- suspicion and enmity.

From the time he ate of the Tree of Knowledge of Good and Evil, man has reaped the fruits of fear. And as long as his belief in evil holds, he will continue to reap the fruits of fear.

God is love. And what is the first characteristic of love? To give. God is constantly giving to us all that we will accept.

But that is, alas, woefully little. For the first characteristic of fear is to shut up every opening, whether of income or outgo. Fear repels. Fear holds on to what it has, lest it should be unable to get more. Fear takes only what it can grab. It will not open its doors and let good come in. It is too much afraid of evil.

The result is that good comes to us through fear only after great struggle and suffering, even though the good be all the time trying to manifest itself. It is like a fortress built upon the highest peak of a great mountain. It is so fearful of evil coming to it that it has put itself as far as possible away from good as well.

Love opens the petals of the flowers and the leaves of all growing things to the sun, giving freely of its fragrance, and thereby draws to itself every element it needs for growth and fruition.

Love asks -- What have we in the house that will make others happy? -- and thereby attracts to itself everything necessary for its own happiness.

What is the first and greatest commandment? To give out love, to make the world a happier place than you found it. Do that, and you cannot keep happiness from coming to you, too.

"I often wonder," says Andrew Chapman, "why people do not make more of the marvelous power there is in Kindness. It is the greatest lever to move the hearts of men that the world has ever known -- greater by far than anything that mere ingenuity can devise, or subtlety suggest. Kindness is the kingpin of Success in life; it is the prime factor in overcoming friction and making the human machinery run smoothly. If a man is your enemy, you can not disarm him in any other way so surely as by doing him a kind act."

The Lady or the Tiger

In ancient times, it is said that there lived a king whose methods of administering justice were original in the extreme.

He built a huge arena to seat himself and all his people. Under it, he put two doors. When a culprit was brought before him, accused of any crime, the king gave him his choice of which door he would open. If the accused man chose the right door, there came forth from it a beautiful lady, who was forthwith wed to him. But if he chose the wrong door, there came out of it a fierce and hungry tiger, which immediately tore him to pieces.

The king had a beautiful daughter, and upon a time it came to pass that a handsome young courtier fell in love with her and she with him. That was a grievous crime, for it did not at all suit the king's plans that his daughter should marry a commoner, no matter how well favored he might be. So the poor suitor was promptly clapped into a cell, and informed that on the morrow he must stand trial in the arena like any common culprit.

The princess was heartbroken. She tried prayers, she tried tears, but her father was adamant. Any common man who dared lift his eyes to her deserved death, and death he should have - death, or marriage to someone in his own station.

Failing to move her father, the princess tried the guards. But no amount of gold would persuade them to free her lover. This much she did accomplish, though -- she learned from which door the tiger would come, from which the lady. More, she learned who the lady was, and horror of horrors, it was one she had seen more than once casting amorous glances at her lover!

The morning found her torn between love and jealousy. She could not see her lover killed before her eyes -- and yet, would it not be better to suffer that moment of agony, and be able to remember him as loving only her, than to see him day after day in the arms of another, see the triumph in that other's eyes, see his own eyes turn away from her to the beauty in his arms?

As in a dream, she took her place on the dais at her father's right hand. As in a dream, she saw her lover step forth, saw him look to her for a sign, saw herself signal to him to choose the right hand door -- then hid her face that she might see no more.

Which had she chosen -- the Lady or the Tiger? Which would you choose in like circumstances? Judging from the newspapers of the day, all too many, even in our so-called civilization, would choose the tiger. Why? Because they would rather see their lover dead than in the arms of another. Their idea of love is passion, self-gratification, and if they can't have their loved one for themselves, they don't want anyone else to have him, regardless of how he or the other may suffer.

At some time and in one modified form or another, that choice of the Lady or the Tiger comes to most people, and your answer depends solely upon what kind of love yours is. If it is real love, you will not hesitate for a moment, for real love is selfless and free from all fear. (And that is all jealousy is -- fear!) Real love gets its happiness from giving. It lavishes itself upon the object of its affections without thought of return. And by its very prodigality, it brings back real love to itself.

For love is a magnet. Like the magnet of iron which gives off electricity, by its very giving it draws to itself its own. And again like the iron magnet, when its strength is done, when all power has gone out of it, it has only to rub against a stronger magnet to be renewed!

What is it that makes men and women fall in love? Not beauty; that attracts attention. But love requires more than beauty. Love requires personality, charm, MAGNETISM!

And what is magnetism? What but the power you GIVE OUT! It is vitality, it is abounding interest in people and things, it is LOVE!

You cannot be self-centered and still give out magnetism. You cannot think only of the gratification of your own desires and still expect to win or hold another's love.

Love gives out a current of love, and all who come within its aura are attracted to it. Selfishness, jealousy, hate, are like layers of insulation around a magnet. They not only shut off all love from going out, but they keep any from getting in. A selfish man, a jealous man, an angry man, has no magnetism. He repels everyone he comes in contact with. He has shut off his own current, and insulated himself against any from the outside.

I remember reading a story of a man who had become involved in a serious law-suit. He was bitter and resentful, for he felt that his opponents had been most unfair and unjust. But the suit was apparently going against him.

He went to a teacher of the mental sciences and laid his case before him. The teacher told him he would never get anywhere with his case until he rid himself of his resentment and hatred. "Bless your opponents," he advised. "Know that in some way not yet apparent they are doing you a favor. Say to yourself, whenever thoughts of resentment creep in -- 'I live by the law of love.' And then try to do just that."

The man tried it, and found that he could not keep saying and using this affirmation without its affecting everything he did. There came a most unexpected opportunity to do a great favor for his opponents. Reluctantly he did

it, and lo and behold, it opened the way to a fair settlement of the whole case -- a settlement that proved eventually far more profitable to him than winning the case would have done.

"Doubt not, fear not, work on and wait; as sure as dawn shall conquer dark, so love will triumph over hate." So writes Douglas Malloch, and in a recent issue of Nautilus Magazine, Sonia Shand tells of a "Love Game" which bears out the same idea.

It is based, she says, on Shakespeare's "Taming of the Shrew." You remember, in the play, no matter what Katherine said or did, Petruchio acted as though she were falling in with his wishes, and the more contrary she became, the more he would praise her for her sweet submission to his every wish. Well, this game is as simple as that. No matter what happens during the time you are playing your game of Love, you smile and say it is good and wonderful.

Whether a feared bill collector comes blustering to your door, or the neighbors' children pull up your favorite flowers, or any one of the hundred annoying things that are part of your daily existence happen, just smile and give thanks for them as though they were great blessings instead of annoying trials.

Release the feeling of love toward each and every annoying thing as though it were the best that ever happened to you. You will be amazed at the results that come from this little game, because in love, no matter how tiny the grain of it, there is unlimited power for good, and it is never wasted.

You have heard the old adage that a soft answer turneth away wrath. This game has the same principle incorporated in it, with a lot more added to it. Non-resistance is one thing, but by itself it is negative. Add your praise and blessings to it, and you turn it into a positive force for good.

To love all things is our natural heritage. It was what made Adam and Eve so happy in the Garden of Eden. The snake of Fear crept into their hearts and turned them out of Eden, but we can each of us get back in if we will use the game of Love.

Try it. And while you are playing it, be sure to glorify <u>yourself</u>. See yourself as the perfect individual you always had hoped some day to become. Be the charming, gracious, lovely, understanding, wise, noble self, who is raised by the powers of Love to a level above all sordid, petty, annoying and ugly things of life. Be that for one hour each day, and you will be amazed how quickly you will be that all the day.

You can use this Love Game in the home, in business, in whatever you are doing and wherever you are working.

If you are a business man, perhaps worried by a heavy load of debts and obligations, bless your creditors with the thought of abundance as you begin to accumulate the wherewithal to pay off your obligations. Keep the faith they had in you by including them in your prayer for increase. Begin to free yourself at once by doing all that is possible with the means you have, and as you proceed in this spirit the way will open for you to do more. For through the avenues of Spirit, more means will come to you and every obligation will be met.

If you are a creditor, be careful of the kind of thoughts you hold over your debtor. Avoid the thought that he is unwilling to pay you or that he is unable to pay you. One thought holds him to be dishonest and the other holds him to be subject to lack, and either of them tends to close the door to the possibility of his paying you soon.

Declare abundant supply for both creditors and debtors, and thus help them to prosper. Pray and work for their good as well as for your own, for yours is inseparable from theirs. You owe your debtor quite as much as he owes you and yours is a debt of love. Pay your debt to him and he will pay his to you.

Take anything in your life that seems not to be going well, and give a few minutes each day to "treating" it. Remind yourself first that harmony and true success are the Divine purpose of your life, that there are no exceptions to this law, therefore this particular difficulty must come under it. That being so, this thing that troubles you cannot be inharmonious or negative, once you know the truth about it. Know, therefore, the truth must be that in some way this difficulty is working out for your good, that beneath its hard and ugly outer shell, there is a kernel of perfect good for you. So forget the shell, and bless the good within.

How does the kernel of the black walnut break its tough shell and send up a green shoot that presently grows into a great tree? By heating within! And that is the way you have to break the shell of every difficulty and trial that confronts you -- by BLESSING the kernel of good you know to be within it, by praising and loving it until it expands and bursts its shell and springs forth as the fragrant plant of good for you.

Praise, blessing, thanksgiving, LOVE -- these will solve any difficulty, tame any shrew of sickness or trouble. Start each day by saying -- "This is the day which Jehovah hath made; I will rejoice and be glad in it. I thank God for

abundant life, I thank God for enduring love. I thank God for joy, I thank God for glorious health, I thank God for infinite supply. I have awakened to a new day. I join the birds and all created things in glorious praise and thanksgiving. Lord, I do give Thee thanks for the abundance that is mine."

"If I have faltered more or less
In my great task of happiness;
If I have moved among my race
And shown no glorious morning face;
If beams from happy human eyes
Have moved me not; if morning skies,
Books and my food, and summer rain
Knocked on my sullen heart in vain;
Lord, Thy most pointed pleasure take
And stab my spirit broad awake."

-- Robert Louis Stevenson

Exercise for Lesson VI

Remember, in "Vanity Fair", the owner of a fine estate who always carried acorns in his pocket, and when strolling about his grounds, if he came to a vacant spot, he would dig a little hole with his foot and drop an acorn into it. "An acorn costs nothing," he was fond of saying, "but it may spread into a prodigious bit of timber."

The same is true of words of praise, of blessing. They cost nothing, but when planted in the waste places of human consciousness, they become tremendously productive of happiness. As Willa Hoey expressed it --

"It's the little things we do and say
That mean so much as we go our way.
A kindly deed can lift a load
From weary shoulders on the road,
Or a gentle word, like summer rain,
May soothe some heart and banish pain.
What joy or sadness often springs
From just the simple, little things!"

Write it on your heart that each day is the best day of the year. There is no tomorrow, you know; there is no yesterday. There is only the eternal NOW. So make the most of your happiness <u>now</u>, while you can.

You create your own environment, so only YOU are to blame if some existing situation seems unhappy. That being so, only YOU can rectify it. You must cure it in your own thought before it can be remedied anywhere else. "Nothing is evil, but thinking makes it so."

Instead of thinking unhappy thoughts, sickly thoughts, thoughts of poverty and lack, talk to the God in You about the good things you want. Start with what you have,

and suggest to him each day that you are getting stronger, healthier, richer, happier. Talk to Him as to a rich and loving Father, describing the improvements you see in your affairs, the finer body you have in your mind's eye, the more important work you should be doing, the lovelier home, the richer rewards. Talk them over for ten minutes each day when you are alone with him. You will be amazed at how readily He will help you to carry out your suggestions.

Don't worry about how He is to bring about the conditions you desire. Just talk to him confidently, serenely, happily -- and then leave the rest to him. And for your prayers, here is an affirmation used by Unity which has been found unusually effective:

"My Father-God, I place all my dependence in Thee, Thou giver of every good and perfect gift. Thou who art the source of my being art also the source of my supply. All that I shall ever need is in Thy mind for me, prepared for me from the beginning. Omnipresent substance, the garment with which Thou clothest Thy universe, with which Thou nourishest all Thy creation, is also mine to have and to use for my every desire and for the blessing of others of Thy children. I open myself fully through my faith in Thee, through my vision of Thy abundance, through my expectancy of its manifestation for me. I open my hands, my pocketbook, my wardrobe, my business, my bank account, and from Thy rich storehouse Thou dost fill every vessel that I hold out to Thee full to overflowing with Thine own omnipresent good and in Thine own good measure, pressed down, shaken together, running over. I thank Thee, my Father-God, that through the Christ in me I can touch Thine omnipresent substance and all my world be clothed with Thy opulence. I praise and give thanks that now and throughout eternity I am one with Thee and that in this union all Thine is mine and mine is Thine forever and ever."

Throughout these Lessons, we shall give you numbers of affirmations to use for different conditions. Don't try to use them all at once. Use one until it becomes too familiar that you find yourself repeating it too parrotlike. Then change to another. All are helpful. The mere statement -- "I am good," "I am strong," "I am capable," is an upbuilding affirmation that tends to start your subconscious trying to bring about that condition in you, just as negative statements such as "I am poor or sick" tend to make those conditions true. So try to remember always to PRAISE God in every thing and every condition that confronts you. Praise Him and look for the Divinity in each.

"Praise God that Good is everywhere;
Praise to the Love we all may share --
The Life that thrills in you and me;
Praise to the Truth that sets us free."

Lesson VII -- THE THREE LAWS OF LIFE

By Robert Collier

It has been conservatively estimated that 60% of the causes that make for success or failure in business lie outside a man's own control, entirely apart from his particular ability or methods.

They are the fundamental trends, the seasonal ebb and flow of the tides of business which cast so many upon the rocks. To the extent that men swim with the tide of fundamental forces, they make success easy. To the extent they fight against it, they make things more difficult for themselves.

Three Laws of Life govern man -- and two of them at least govern you whether you wish it or not. You can disregard them if you like. You can remain ignorant of them. And you can continue to be the sport of circumstance.

Or you can learn these laws, understand how they operate, and work <u>with</u> them to get any good thing of life.

The first of these laws is to many the most hopeless of all of Nature's laws. It seems inexorable as the Car of Juggernaut. It has caused more sorrow, more poverty and misery than all other laws together. It is --

THE LAW OF AVERAGES!

Under it, man has come to accept evil as a necessity, feeling that he must take the bad with the good. Under it, he has become accustomed to seeing corrupt politicians, bootleggers and evil-doers of the worst type prosper, while the decent elements in the community pay. Under it, he expects to fail more often than to succeed.

Why? Because that is the Law -- the Law which brings forth enough fish to choke the sea, then lets the many die that the few may live; the Law which puts enough riches in the earth to make us all millionaires, then lets the many serve that the few may enjoy.

That is the Law of Averages. That is the law which makes it hard for people to believe in a just God. That is the law which rules in the Country of the Blind, where more than two billions live. That is the law which has been governing <u>you</u>!

But that is the law which need govern you no longer, for there is a law that overrides the Law of Averages. It is called "The Law of Capillary Attraction."

For thousands of years, philosophers have wrangled over the problem of why men without scruple or conscience should so often succeed, while good men of equal ability fail.

Some tell us it is because the wicked have their innings in this world and will suffer for it through eternity, while we shall have our turn at happiness and plenty then. That is a bit unsatisfying, especially when those near and dear to us are suffering for lack of things we should be able to give them. But for many, it has to suffice.

But not for all! A few have learned that there are definite laws governing success -- just as definite and just as certain of results as the laws of Physics.

These basic laws govern everything you do. They rule all of mankind, whether mankind likes it or not. They are unlike man-made laws in that they govern high and low alike. They defer neither to rich nor to poor, to weak nor to powerful -- only to those with an understanding heart. It was with them in mind that the wisest of ancient kings bade us seek first understanding, and all things else would be added to us. Summed up, those laws are:

1st. The Law of Averages, under which man in the mass is no better off than the animals, his chances of happiness and success in life but little better than one in a hundred.

2nd. The Law of Tendency, which is towards Life-GIVING. To the extent that a man allies himself with this great fundamental force of nature, to that extent he improves his chances for success.

3rd. The Law of Capillary Attraction, which gives to every nucleus the power to draw to itself those things necessary for its growth and fulfillment. It is through this third law that man is able to rise above the Law of Averages. It is by using it with the Law of Tendency that he is able to reach any height, attain any goal.

Under the Law of Averages, man in the mass is subject to alternate feast or famine, happiness or misery -- just as the animals are. Nature seems carelessly profligate. She brings forth enough fish to choke the sea -- then lets the many die that the few may live. She gives life with a prodigal hand -- then seems entirely careless of it, letting the mass suffer or perish so long as the few survive.

To man she has given inexhaustible riches -- but the few have most of it while the many toil to serve them.

That is Nature's Law of Averages in the animal kingdom. That is Nature's Law of Averages for man in the mass. But for man the individual she reserves a different fate.

As long as he chooses to be governed by the Law of Averages, man must be content with his one chance in a hundred

of prosperity and happiness. But let him separate himself from the mass, and he can choose his own fate.

And the way to separate himself from the mass is -- not to journey to some desert or forgotten isle, not to mew himself up in a solitary cell -- but to hitch his wagon to the star of some strong purpose, and thereby pull himself out of the mass of self-centered, self-seeking, merely animal humanity, and ally himself with the great fundamental Law of the Universe which carries all mankind upon its crest.

The word "Man," you know, means steward or distributor. The purpose of man here on earth is to utilize and distribute God's good gifts. To the extent that he cooperates in this purpose, he is allying himself with the forces behind all of nature. To the extent that he looks out only for his own selfish ends, he is opposing it. "I came," said Jesus, "that they might have life, and have it more abundantly."

And what is "Life"? Life is energy. Life is power. Life is supply. Life is the creative force out of which the world and everything in it was made in the beginning, and is made now.

As I see Him, God is the Life-Principle which permeates and directs the universe. His "sons" are the individual subconscious minds or Spiritual Selves back of each of us, pouring Life into us, guiding and governing (to the extent we permit them) all the complicated functions of our bodies, all our outward circumstances and conditions.

These "sons" are like vast Genii, possessing all riches, all happiness, all wisdom on their own plane, but forced to reflect those God-like gifts upon the material plane only as we (their mirrors) can understand and express them.

They pour their Life-energy through us in a continuous stream, like the strips of steel that are fed into stamping machines in a steel mill. Going in, it is potential life, potential power, potential riches. But like the strips of steel, coming out it is only what we have expressed through it -- what our stamping machine (our innermost beliefs) has impressed upon it.

Whatever we truly believe, whatever we love and bless and hold constantly in thought as our own, it brings into being in our lives, in our bodies, in our circumstances. Like light shining through a prism, it is broken up into its component colors in passing through our conscious minds. But like the prism, our minds can be darkened by fear and worry to shut off all the happier colors. It is a perfect stream of Life-Energy that starts through us, but just as a poorly made die in a stamping machine can cut crude and ugly

patterns on the best of steel, just as a faulty prism can turn beams of sunshine into shadows, so can your beliefs turn perfect Life-Energy into manifestations of sickness and poverty and misery.

The first essential, then, is to change the pattern -- to watch your beliefs as the Director of the U. S. Mint watches the molds which cast the golden eagles he turns out. Instead of picturing the things you FEAR, and thus stamping their mold upon the Life-Energy passing through you, picture the conditions you WANT. "What things soever ye ask for when ye pray," said Jesus, "believe that ye RECEIVE them, and ye shall HAVE them!"

What do YOU want? Know that your spiritual self HAS it. Like the perfect flower in the tiny unopened bud, it is all there, needing only the sunshine of your faith to bring it forth.

You have seen trees in the winter, all the twigs bare, with no sign of the brilliant foliage soon to spring from them. Yet the leaves are already there, perfectly formed, waiting only for the warm sunshine to bring them out. In the same way, the things YOU want are already around you, no matter how bare everything may look. They need only the sunshine of your faith to bring them forth.

That is the first step, <u>to have faith</u>! That is the pattern which molds all your circumstances -- <u>your beliefs</u>. Get that pattern right. It is there that unscrupulous men get ahead of their less understanding brethren. Knowingly or unknowingly, they have hit upon the fact that the first essential of material success is to believe in themselves, believe that the world belongs to them, believe that it <u>owes</u> them a living. They may not knowingly BLESS the things they want, but they LOVE them, long for them, put them above everything else in life, and since God is love, it sometimes seems that we have only to love a thing greatly to get it.

To that extent, they are right. Their trouble is that they do not bother to look around for right sources from which to draw their supply. They take whatever is not nailed down, and sooner or later they run afoul of the Law of Tendency and end in ruin.

This Law of Tendency is our next step, for it <u>requires co-operation</u> with the Life-Giving forces of the universe -- <u>swimming with the tide</u>.

The Law of Tendency is based upon the fact that the whole purpose of Life is growth. The forces of Nature are Life-GIVING forces. Its fundamental trends are towards the advancement of life, the good of the world. Those businesses and those individuals whose work is in line with that tendency are swept forward by the great tide of good. Those

whose work tends to hinder the forward movement of life are sooner or later brushed aside and cast upon the rocks.

Ella Wheeler Wilcox expressed the thought beautifully when she wrote --

"The world has a thousand creeds, and never a one
have I,
Nor church of my own, though a million spires are
pointing the way on high.
But I float on the bosom of faith, that bears me
along like a river:
And the lamp of my soul is alight with love, for
life, and the world and the Giver."

"But," I can hear you say, "I know many worthy men whose efforts were always for good, yet who are hopeless failures." True -- but so do I know many swimmers who cannot keep afloat a hundred yards, even with the strongest tide behind them. The tide is the second step. The first step is to get your pattern right -- in other words, learn how to swim. And having the tide with you makes that first step none the less necessary.

Believe in yourself. Look upon yourself as one of the Lords of the Universe. Know that it belongs to you. BELIEVE THAT YOU HAVE the things you want. Love them. Bless them. Thank God for them, even before they seem manifest. "Lord, I do give thee thanks for the abundance that is mine."

That is the first essential. The second is to USE your powers for good -- get on the side of the Life-GIVING forces.

"Sounds well," perhaps you will say, "but I'd like you to tell me how I am going to use riches for good, when my principal reason for taking this course is to learn how to GET riches to keep the wolf from my own door!"

The first essential in the creation of anything -- be it a house or an automobile or a fortune -- is the mental picture or image. Before God made man, He "imaged" him -- He formed a mental picture of him. Then He poured His Life-Energy into that image, and it became man. Before an architect builds a house, he draws a mental picture of it, he "images" it upon paper. Then he pours materials and energy into that image and it becomes a house. Before you can build a fortune, you must form it in your mind's eye. You must "image" it on the mental plane, and in that mental image you must think of it as already yours. In other words, "believe that you HAVE it!" An easy way to do this is the "Treasure Mapping" outlined in Lesson III.

One of the startling facts of modern science is that this universe is not a finished product. Creation is going

on all around us -- new worlds being formed, cosmic energy taking shape in a million different molds.

> But a far more startling fact to most of us is that WE ARE CREATORS, and that we can form today the world we personally shall be living in tomorrow.

People blame their environment, their education, their opportunities, their luck, for their condition. They are wrong. There is one person to blame -- and only one -- THEMSELVES. They are today the result of their thoughts of yesterday and the many yesterdays that preceded it. They are forming today the mold for what they will be in the years to come.

For there is no such thing as failure. Whether you are poor and sickly, or rich and strong, you have succeeded in one thing. You have compressed the cosmic energy about you into the mold that you held before the mind's eye of your inner self. You have named the forces that worked with you "good" or "bad," and as you named them, so have they been to you as servants -- Good, or Evil.

But there is a happy ending. You don't need to leave things as they are. If you don't like the present results, you can rename those servants. You can bless and praise the good, no matter how tiny it may seem, and by your praise and blessing, you can expand it a thousand-fold.

Which brings us to the third step -- "The Law of Capillary Attraction."

Scientists tell us, you know, that everything in this world starts with a nucleus -- a whirling bit of energy microscopically small, but with the power of attracting to itself everything of a like nature which it needs for its growth. Plants, animals, man himself, are started by just such a nucleus. And so-called inanimate matter is formed in the same way.

Plant a seed of corn in the ground, and it will attract to itself from the earth and the water and the air everything it needs for its growth. Plant the seed of a desire in your mind and it forms a nucleus with power to attract to itself everything needed for its fulfillment. But just as the seed of corn needs sunshine and air and water from which to draw the energies necessary to bring forth the perfect ear, so does your seed of desire need the sunshine of a perfect faith, the fruitful soil of a will-power held steadfast to the one purpose.

This is the Alpha and Omega of all accomplishment -- that every seed has in it the perfect plant, that every right desire has in it the perfect fulfillment, for Desire is God's opportunity knocking at your door. The seed must be planted, it must have nourishment and sunshine. The desire must be

definitely planted by the work of starting the initial step in its accomplishment, it must be nourished by a will-power which holds it to its purpose, and it must have the warm sunshine of perfect faith. Given these, it will attract to itself whatever else is necessary to its fulfillment.

You see, the Law of Capillary Attraction is based upon the principle of growth from the vitality inherent in the seed or idea itself. It is like a snowball which starts with only a handful of snow, yet by gathering to itself all it comes in contact with, ends as an avalanche!

First the seed, the desire. Next, the planting -- the initial step necessary to start its accomplishment. Third, the cultivation -- the continual working towards the one end. You can't just WILL a thing into existence, you know. But you can use the will as the machinist uses a vise -- to hold the tool of your purpose until it accomplishes its end. Fourth, the sunshine -- FAITH -- without which all the others are as nothing. Without sunshine, the seed will rot in the ground, the plant will wither on the stalk. Without faith, your desire will die still-born. Believe that you RECEIVE. See the perfect plant in the seed. See the perfect accomplishment in the desire.

Prof. Wm. James of Harvard, the greatest psychologist this country has known, wrote -- "If you only care enough for a result, you will almost certainly attain it. If you wish to be rich, you will be rich; if you wish to be learned, you will be learned; if you wish to be good, you will be good. Only you must, then, really wish these things, and wish them exclusively, and not wish at the same time a hundred other incompatible things just as strongly."

But be careful that your desire tends toward Life-GIVING, towards the furtherance of Good. You can't make much of a snowball pushing up hill. If you do, it will presently grow bigger than you, get beyond your control, and engulf you in the resultant catastrophe. The fruit you bring forth is going to partake of the same nature as the seed you plant. If there is no kindliness in the seed, no love of your fellow-man, nothing but self-gratification, the fruit of your tree will be the same kind. It will be bitter to others -- it will turn bitter in your own mouth.

Now how does this apply to you? There are certain things you want from life -- Success, Riches, Fame, Honor, Love, Happiness, Health, Strength. All of these are worthy desires. All of them are entirely possible of fulfillment for you. How are you to go about getting them?

Your job here on earth is to distribute certain God-given gifts -- certain goods, certain services, certain abilities -- to the end that the world may be more livable for your having been in it.

In ancient Egypt, it was believed that each person was given at birth a "Ka" or "Double", which was his REAL SELF. It had infinite power for good. The body was merely its reflection, seen through the glass of the conscious mind.

So it is with you. Your REAL Self is God's image of you -- the God in You. He gave it dominion over all the earth. Can you imagine it, then, as powerless under any circumstances, as poverty-stricken, as in doubt where its supply is coming from?

If you believe in God at all, you must believe in His intelligence. And if He is intelligent, He made nothing without a purpose. Everything fits into His plan. YOU, for instance -- He created you for the purpose of performing certain work. That being so, it would seem pretty certain that He gave you every ability, every means necessary for the perfect performance of that work, would it not?

But how are you to know what that work is? Easily enough, if you stop to analyze your ambitions and desires. They are your subconscious promptings. Not, of course, the merely selfish desires for the gratification of some personal vanity or passion. But the big, deep down ambitions that come to you in exalted moments. They are the promptings of The God in You, urging you to EXPRESS on the material plane the work he is already doing in the mental realm.

You have an idea, let us say, which will short-cut the work of the world, make life easier and happier for any number of its inhabitants. You take whatever steps seem good to you to accomplish that idea. But you presently reach a point where lack of money or lack of knowledge or other circumstances leave you high and dry -- seemingly at your rope's end. What are you to do then?

PRAY! And how are you to pray? Jesus gave us the formula -- "Whatsoever things ye ask for when ye pray, believe that ye RECEIVE them, and ye shall HAVE them."

But how can you believe that you HAVE when you are at the end of your resources and there is no possible way out in sight? How? By knowing that The God in You, your REAL SELF, already HAS the answer in the realm of the REAL. By seeing the finished result there, imaging it in your mind's eye, and then putting it up to that God in You to show you the next step necessary to reflect that result on the material plane, in the serene confidence that, since he has worked out the answer, the EXPRESSION of it step by step through you is simple.

How simple that expression is was proved by a young scientist with a class of Cambridge University students a few years ago. He took some twenty students who were worried about their examinations, hypnotized them, and while they were in that state assured them they HAD all the knowledge

needed to satisfactorily pass the examinations. All but one passed!

You don't need to be hypnotized to accomplish such results. Your subconscious mind accepts suggestions from you even more readily than from outsiders. Tell yourself - and KNOW - you ARE rich, you ARE successful, you ARE well and happy and possessed of every good thing you desire. Use your "Treasure Map" to picture these things - then believe that you HAVE them.

No matter how limited your education, no matter how straitened your circumstances, the God in You HAS the knowledge and the means and the power to accomplish any right thing you may desire. Give him a job -- and it is DONE! You HAVE it! And you have only to see that finished result in your mind's eye -- "BELIEVE THAT YOU RECEIVE" -- in order to begin to reflect it on the material plane.

Therein lies the nucleus of every success -- the nucleus which has such life that it draws to itself everything it needs for its full expression -- the belief that you HAVE. It is the secret of power, the Talisman of Napoleon. To acquire it takes just three things:

1st -- Know that this is a world of Intelligence. Nothing merely happens. You were put here for a purpose, and you were given every qualification and every means necessary to the accomplishment of that purpose. So you need never fear whether you are big enough, or smart enough, or rich enough to do the things required of you. "The Father knoweth that ye have need of these things," so do the things that are given you to do in the serene knowledge that your needs will be met.

2nd -- Know that The God in You which is your REAL Self is already DOING this work you were given to do, so all that is required of you is to SEE that accomplished result, and REFLECT it step by step on the material plane, as the way is opened to you. "And thine ears shall hear a word behind thee, saying -- This is the way. Walk ye in it."

3rd -- Have serene faith in your God's ability to express the finished results through you. When you can SEE that result in your mind's eye as already accomplished, you will realize that you don't need to fear or worry or rush in and do things foolishly. You can go serenely ahead and do the things that are indicated for you to do. When you seem to reach a cul de sac, you can wait patiently, leaving the problem to

> The God in You in the confident knowledge that at the right time and in the right way he will give you a "lead" showing what you are to do.

The fundamental Law of the Universe, you remember, is the Law of Attraction. You attract to you whatever you truly love and bless and believe is YOURS.

Knowing that The God in You HAS the fruition of your desire -- knowing that the perfect leaf is in the bare twig of your present circumstances -- it is easy to pour such life, love and blessings into that leaf that it bursts its bonds and blossoms forth for all to see.

So, like the Egyptians of old, let us commune with The God in Us night and morn, much as our reflection in the mirror might commune with us:

> Reality of me, I greet you and salute you the perfect "me" God created. You have a perfect body, made in the image and likeness of God. Make that perfect body manifest in me. You have infinite riches -- dominion over all things. Use that dominion, I pray you, to uncover and bring out in my life, my work and my surroundings the perfect reflection of (whatever your particular desire may be).

Then SEE, in your mind's eye, the God in You doing those things you wish to do, emphasizing the traits you wish to cultivate, displaying the riches or possessions you want. Know that he HAS these. And that as soon as you can SEE them through the prism of your conscious mind, as fast as you can realize their possession, you, too, will reflect them for all the world to see!

OUR PRAYERS ARE ANSWERED
By Bonnie Day

"Our prayers are answered: each unspoken thought
And each desire implanted in the mind
Bears its own harvest, after its own kind;
Who dreams of beauty has already caught
The flash of angel wings. Who seeks to find
True wisdom shall assuredly be taught.
But thorns of fate have thorny thoughts behind;
For out of our own hearts our lives are wrought.

"Be on thy guard, my soul, lest wind-blown seed
Into the fertile soil of thought should fall
And lodging place within the garden wall
Be given to bitter rue or noxious weed.
Unspoken prayers bear fruitage. Love thoughts call
Forth into being every loving deed.
Idle or earnest, still our prayers are all
Answered according to our inward creed."

Lesson VIII -- A PRAYER FOR WORK

By Robert Collier

"Lord, give me work. All work is Thine.
Help me to make Thy business mine.
Give me my part, and let me share
Thy joy in making life more fair;
My part, and with the part the will
To make my life Thy plan fulfill.
Thus every day, Lord, help me see
My simplest task as done for Thee."

-- Esther Ann Clark

All day long and every day, the God in You keeps repeating -- "I AM." But He lets YOU end the sentence. You can add "poor" or "rich", "sad" or "happy", "sick" or "well," as YOU choose. God can do for you only what you ALLOW Him to do THROUGH you. You praise and bless Him, only when you see the good and true and beautiful. You dishonor Him when you call yourself weak or sick or poor.

So claim the good! Praise God for it, thank Him and bless Him for all His good gifts.

If you are out of work at the moment, know that the Spirit of the Lord is upon you, directing you to your right work. The Spirit of God goes before you to make plain your way. It works through you to make you efficient, successful, prosperous and of real worth to your employer and associates.

Know this -- and then open your channels! Give of what you have of service to others. Start where you are. Distant fields always look greener, but opportunity lies right where you are. Take advantage of every opportunity of service, even if it be only to wash dishes or do chores around your own home. Show God that you are a channel for good NOW. The more you can prove that, the greater will be your opportunities, and soon those opportunities will take the form of just the right job for you.

Each night and morning, and whenever the need for a job occurs to you, repeat this affirmation:

"God in me knows what my right work is, where it is and what I ought to do to be actually engaged in it. Let this knowledge be quickened in me as a revelation to my conscious mind so I shall know what is my right work, where it is and what there is for me to do to be established in it."

Remember it is from within, and not from without, that you get in touch with all of Good. Every ill, every lack, every discordant condition, must be cured in your own thought first. It is like a radio. The programs of all the world are in the air about you, but you have to tune in on the one you want. When you turn on the radio, the program that comes to you may be some sordid tale of crime or unhappiness, or it may be merely static noises. If so, that is all you will get -- until you turn the dial. But you CAN get the program you want, if you keep turning away from the others and persistently try until you find the one you want.

But you must both affirm and ACT the part. To affirm prosperity and then act like a pauper with what substance you have is to show that you do not believe your own affirmation and do not expect anything from it. It doesn't matter if you have to force yourself to take some appropriate action. Take it -- and thereby increase your faith.

Every affirmation should be matched by some action expressing the faith that you HAVE received or ARE receiving, action of the sort you would engage in if the affirmed good were visibly and tangibly present.

That doesn't mean you must spend a lot of money recklessly, buy a lot of things such as you will when you have the riches you crave. It does mean you must take the mental attitude of BEING rich, HAVING the right sort of job, sprucing up, being confident and serene and unworried.

You can help others get the sort of place they want in the same way you can yourself. Here is an affirmation to use for others:

> "Infinite Spirit, open the way for So-and-so's right position (or home or abundance or what-not), the position he is best fitted to fill, the position that needs him and which no one else can fill so well as he. Let him be led to the right people, the right place where he can give good service for good pay. Lead him to make the right contacts. I leave it with you, and I know all is well."

In a recent issue of Nautilus Magazine, Dortch Campbell tells how he prayed for a home -- and found the one he had always dreamed of.

"The whole secret," he says, "lies in that beautiful thing called love. I prayed for a home. Every element in the answer that came was in accord with justice. The quality of love was not strained.

"A house that you can call your own home is not so easy to obtain these days. For me it was most difficult. Conditions have been serious in the Mississippi Valley for nearly a decade; the cotton problem has become acute. But the house where I had lived for a long time was taken away from me. I was homeless; there was no other available, for people have not been building houses in my country.

"I had to build my own home to find a roof for myself and my loved ones. But there was no mortal way to build that home. I had not sufficient money to buy even a lot. Yet the home of my own became a reality in answer to my prayers as simply and as unostentatiously as a rose unfolds.

"I felt that we are far too selfish in our prayers, so I prayed for others when I prayed for myself. I asked that the contractor who should build my home should be blessed through me. I prayed for the owner of the land. I prayed for an harmonious association with the contractor. I asked that there be love and friendship between us and between all who might be associated in the undertaking. I prayed that he might find a way to finance my home and that I in turn should help him to succeed. I prayed for others as earnestly as I prayed for myself. I prayed for the landowners that they, through me, might sell other lots.

"I prayed in this fashion, loving them that they in turn might love me. Deep within me, I desired that all of us might equally profit in the building of my home. This was all. There was no domination on my part, no attempt to influence or control them, no direct thought to them.

"Step by step, that home came about. I obtained the lot for a very small outlay -- a lot worth three times what I paid. The contractor himself actually gave me the money I required. The home became mine in such a gentle fashion that I, accustomed to prayer, stand amazed. Things -- for example -- like a driveway, were contributed free.

"But it was not only I who was helped, and this to me is the most beautiful part of the answer to that prayer. It has been my privilege since the house was constructed to help those who helped me in getting my home. More lots have been sold, more will be sold. The contractor has closed several contracts as a result of building my home.

"What we need is to be not only hearers but DO-ERS of the Word. We find Truth by trying to live it. Since God is love, it may be that we have only to love a thing greatly to get it .. Can it be that the long-lost key to attainment through prayer is in feeling the loving power of God within to give us that which the heart desires?"

"If I can do some good today.
If I can serve along life's way,
If I can something helpful say,
    Lord, show me how.

"If I can right a human wrong,
If I can help to make one strong,
If I can cheer with smile or song,
    Lord, show me how.

"If I can make a burden less,
If I can aid one in distress,
If I can spread more happiness,
    Lord, show me how.

"If I can do a kindly deed,
If I can sow a fruitful seed,
If I can help someone in need,
    Lord, show me how.

"If I can feed a hungry heart,
If I can give a better start,
If I can fill a nobler part,
    Lord, show me how."

-- Grenville Kleiser

Lesson IX -- FIRST CAUSES

By Robert Collier

"How can I tell if I am working a-right?" -- many students ask us.

And "How can I be sure I am following correct lines?" -- is the question in the mind of many a man and woman when confronted by some unusual problem.

In his Edinburgh Lectures, Judge Troward gave so clear an answer to this question that I quote it here:

> "If we regard the fulfillment of our purpose as contingent upon any circumstances, past, present, or future, we are not making use of First Cause. We have descended to the level of Secondary Causation, which is the region of doubts, fears and limitations."

What is First Cause? Judge Troward defined it, too.

"If a lighted candle is brought into a room, the room becomes illuminated; if the candle is taken away, it becomes dark again. Now the illumination and the darkness are both conditions, the one positive resulting from the presence of the light, the other negative resulting from its absence. From this simple example we therefore see that every positive condition has an exactly opposite negative condition corresponding to it, and that this correspondence results from their being related to the same cause, the one positively and the other negatively; and hence we may lay down the rule that all positive conditions result from the active presence of a certain cause, and all negative conditions from the absence of such a cause. A condition, whether positive or negative, is never primary cause, and the primary cause of any series can never be negative, for negation is the condition which arises from the absence of active causation."

How can you be sure that you are working a-right? By asking yourself one question: "On what am I putting my dependence for the riches, or the health, or the success I am seeking?" If the answer is -- "Upon my ability, or my doctor, or his drugs, or the help of my friends," then you can rate your chances of success as not more than one in ten, for you are working with secondary causes, and secondary causes are always undependable.

But if your answer is -- "I am throwing everything I have into my work, but I am putting my dependence for success -- NOT on these means -- but on the unquenchable, irresistible

power of the Seed of Life working through me," why then you can count your chances of success as nine out of ten.

You see, it all comes back to the Fundamental Law of the Universe -- that each nucleus, each seed, contains within itself vitality enough to draw to it every element it needs for its complete growth and fruition.

But the seed must germinate, the nucleus must start whirling, before either has the slightest attractive power. Until they do that, they are so much congealed life, with no more "pull" to them than any other bit of inanimate matter around them.

Suppose you want something badly -- more than anything else life can offer you at the moment. The desire for that something forms a nucleus, a seed, and like every other seed, it has latent in it the power to draw to itself the elements necessary for its complete growth and fruition. But until you do something about it, it is an inanimate nucleus, a seed that has not been planted, a nucleus with no power of attraction because no one has taken the trouble to start it whirling.

How can you put it to work? By PLANTING your seed -- in other words, by making your start. What is the first thing you would do if you KNEW you would get your desire? What is the first step you would take in its accomplishment? TAKE IT! Do something to start, no matter on how small a scale. To begin, you know, is to be half done. Make the accomplishment of that desire the sine qua non of your existence, give to it all the thought and energy and riches you have to bring it into being, leave all other considerations in second place until you have won what you want.

That is the way great fortunes are made. That is the way miracles are performed. That is the only way you can put life into the nucleus of your desires and start them whirling and drawing to you whatever things you need for their manifestation.

Conditions, obstacles -- they don't matter. Disclaim them, disregard them, and lay claim to the thing you want regardless of conditions. Like the seed in rocky soil, they may force your nucleus to work harder, to whirl faster, but give it vitality enough, and it will draw what it needs from the ends of the earth!

So don't work on poverty. Don't work on debts. That will merely bring more of these undesirables to you. Work on your idea, work on your nucleus -- believe that you receive -- and you will speedily draw to you all the riches you need to fill out the vacuums now caused by poverty and debts.

You have seen shoots of trees spring up on rocky ledges where there was scarcely enough nourishment to keep a bit of moss alive. And you have known such shoots to grow into mighty trees. How do they do it?

The seed of a tree is a nucleus. Plant it, and the first thing it does after it heats and germinates is to burst its shell and send forth a shoot -- upward -- using for that purpose the energy latent in the seed itself. In other words, it reaches out first to express life. It uses all the power it has to bring forth fruit. When it finds it has not enough energy in itself to accomplish this, it puts forth roots to draw the necessary elements from the soil about.

But if it happens to have fallen on a rocky ledge, it soon finds there is not enough soil to give it moisture or nourishment. Does it then despair? Not a bit of it! It sends its roots into every tiny crevice until they reach moisture and nourishment. It actually splits giant rocks asunder in its search for nutriment. It burrows through or around any obstacle until it exhausts the last flicker of life in itself or gets what it wants. Wherever they are, whatsoever may stand between, the shoot of the tree sends its roots seeking every element it needs for its growth and fruition.

First the stalk -- then the roots. First the need -- then the means to satisfy that need. First the nucleus -- then the elements needed for its growth. The seed is a primary cause. The need, the nucleus, both are primary causes. Conditions -- they are secondary. Given enough life in the nucleus, it will draw to itself the necessary means for growth regardless of conditions. The life in the seed is what counts -- not the place where it falls.

Take the giant redwoods of California. By no law known to man can they draw water to the foliage hundreds of feet in the air! Yet they do draw it -- hundreds of gallons every day.

It is not done through pressure from below -- from the roots. It is done by pull from above! In other words, the need is first established, then the need itself provides the means or the "pull" to draw to itself the elements it must have for expression.

All through Nature, you will find that same law. First the need, then the means. Use what you have to provide the vacuum, then draw upon the necessary elements to fill it. Reach up with your stalk, spread out your branches, provide the "pull" and you can leave to your roots the search for the necessary nourishment. If you have reached high enough, if you have made your magnet strong enough, you can draw to yourself whatever elements you need, no matter if they be at the ends of the earth!

God formed a Seed of Life which is you. He gave it power to attract to itself everything it needs for its growth, just as He did with the seed of the tree. He gave it power to draw to itself everything it needs for the fruition of its DESIRES, just as He did with the tree. But He did even more for you. He gave your Seed of Life power to attract to itself everything it needs for its infinite expression! He asks of you only that you make your desires strong enough, your faith in their drawing power great enough, to attract to you anything necessary to their fruition.

You see, Life is intelligent. Life is all-powerful. And Life is always and everywhere seeking expression. What is more, it is never satisfied. It is constantly seeking greater and fuller expression. The moment a tree stops growing, that moment the life in it starts seeking elsewhere for means to better express itself. The moment you stop expressing more and more of Life, that moment Life starts looking around for other and better outlets.

The only thing that can restrict Life is the channel through which it works. The only limitation upon it is the limitation you put upon it.

Over in Japan, they have taken the shoots of oak trees, and by binding a wire tightly around the main root at the point where the trunk begins, they have stunted the growth to such an extent that instead of great oaks eighty or a hundred feet high, these shoots reproduce all their qualities in dwarfed trees twelve or fourteen inches in height! These stunted trees live as long as regular trees, but they express only the millionth part of the life an oak should manifest.

We look upon that as abnormal, and so it is, yet it is being done all around us every day. Men bind their subconscious minds with wires of fear and worry. They put clamps of limitation upon their channels of supply. Then they wonder why they don't express more life in their bodies, why more of happiness and comfort is not evidenced in their surroundings.

God put a seed of Himself into you. That seed He called DESIRE. He gave it infinite power to draw to itself whatever it needs for expression. But He gave you free will -- in other words, He left it with you to direct that expression -- to draw upon it to the full or to put clamps upon it, as you like.

There lies in you the aegis of a Napoleon, a Lincoln, an Edison -- anything you wish. All that is necessary is to stir up the Seed of God in you, and give it channels for expression.

How did Annette Kellerman, from a hopelessly crippled child, become one of the world's most perfectly formed women? By stirring up the Seed of Life in her limbs, through her earnest DESIRE for strength and beauty, by giving them work to do, ways in which to express life! How did George Jowett, from a cripple at eleven, become the world's strong man at twenty-one? By stirring up the Seed of Life in him through his overmastering DESIRE to be strong -- by giving his muscles first a little, then more and more of work to do.

How did Reza Khan, from an ordinary trooper in the Persian army, rise to the rulership of Persia? How did Mussolini, from a private in the Italian ranks, become Dictator of Italy? How did a poor water boy win to the throne of Afghanistan?

One and all, they stirred up the Seed of Life in them through DESIRE and Faith. One and all, they reached up and out, using freely all the power they had in the serene confidence that there was plenty more behind. Obstacles? They knew that obstacles were merely negative conditions that would disappear as darkness disappears when you turn on the light. It was the prize they kept their eyes upon. And it was the prize that they reached out for and plucked!

A few years ago, if anyone had told the neighbors of these men that today they would be rulers, he would have been laughed at as crazy. "Why, just look at their position," he would have been told. "Look at their circumstances, their surroundings. Look at the condition of the country. Consider their lack of training, of experience."

Conditions -- all of them. Secondary causes. And these men had the vision to see beyond them -- to go back to the primary cause -- the Seed of God in themselves. They opened new channels for it to express itself. They reached up their stalks and spread out their branches and the Seed of Life in them drew to itself every element needed to bring forth their fruit.

At the heart of you is a seed -- the Seed of God, the Seed of Life. In it is a perfect body, just as in every acorn there is a perfect oak. Not only that, but there is the power in it to draw to you every element you need to manifest a perfect body.

What do you care if circumstances have conspired to make you sick, or crippled or weak or infirm or ugly or old? If you are, it is because you or those around you have put the clamps of your fears or wrong beliefs upon the Seed of Life in you, and certain of your organs are stunted or dying.

The remedy? It is simple. Remove the clamps! Disregard your infirmity? It is only a condition -- a LACK of Life. Then stir up the Seed of Life in you. Stir it up and charge it to draw to itself every element necessary to fill out the perfect image of your body that is in the seed.

Impossible? Have you ever heard of anything that is impossible to God? It is a Seed of God that is in you, and there is NOTHING of good it cannot draw to you!

The Law is -- Use what you have, and more will be given you.

"Let me not ask how difficult may be
The work assigned to me.
This only do I ask:
Is this my task?

"Let me not ask if I be strong enough,
Or if the road be rough.
I only ask today,
Is this the way?"

-- Claude Weimer.

"Every good tree bringeth forth good fruit," said Jesus. "But a corrupt tree bringeth forth evil fruit. Every tree that bringeth not forth good fruit is hewn down and cast into the fire. Wherefore by their fruits ye shall know them."

What did Jesus mean by "Bearing fruit"? Didn't He have in mind methods of expressing the Seed of Life in you, making opportunities for it to expand and reach out to all those you come in contact with, doing something that makes this world a better place to live in?

And how does a tree go about the bearing of fruit? It brings forth a fragrant blossom first, does it not? When the blossom goes, it leaves the pistil, which gradually ripens into the luscious fruit.

The blossom is any idea of service, any means for making life more comfortable or enjoyable for those you live or deal with. The pistil is the action of turning that blossom into the beginning of the fruit by taking the first step to start the service, no matter how small that step may be. The luscious fruit is the finished service.

"That's fine!" I can hear many say, "I have the blossom -- oh, a most fragrant blossom -- but no means for turning it into the pistil or the fruit."

What does the branch have with which to start fruit? Enough nourishment for a start, but nothing over. Do you see the branch worrying on that account? Not a bit of it! It uses

cheerfully everything it has, serene in the knowledge that providing more is the vine's problem. The branch has only to supply the need. The more it finds use for, the more it gets. Another branch may be just as big, but if the first one bears twice as much fruit, it will get twice as much nourishment, for the vine apportions its life-giving forces -- not by size, but by needs.

"Straight from a mighty bow this truth is driven: They fail, and they alone, who have not striven." They have a proverb in the East that a road of a thousand miles begins with a single step. Goethe expressed the thought when he wrote --

> "Are you in earnest? Seize this very minute;
> What you can do, or dream you can, BEGIN it!
> Boldness has genius, power and magic in it.
> Only engage, and then the mind grows heated;
> BEGIN, and then the work will be completed."

"If ye abide in me," promised the Master, "and my words abide in you, ye shall ask what ye will, and it shall be done unto you. For herein is my Father glorified, that ye bear much fruit."

If you stir up the Seed of Life in you by strong DESIRES, if you provide it channels through which to express itself by taking the first step towards the accomplishment of those desires, you can ask for any element you need, and it will be given you.

But if you lose this day loitering, it will be the same story tomorrow and the day after. That which you are today is the fulfillment of yesterday's aspirations; that which you are tomorrow will be the achievement of today's vision. You can't stand still. You must go forward -- or backward. Eternal progress is the Law of Being. If you meet its call, you will never fail to go on and on to greater and greater heights. As Florence Taylor so aptly put it --

> "Success is the sum of small efforts,
> Repeated day in and day out,
> With never a thought of frustration,
> With never a moment of doubt.
> Whatever your cherished ambition,
> Begin now to make it come true,
> Through efforts, repeated, untiring,
> Plus faith in the thing that you do."

Health, riches, love -- they are all means to an end, they are all conditions. The Seed of Life in you is the only thing that counts -- that, and the channels you give it for expression. There is your PRIMARY CAUSE -- all else is secondary. So disregard all else, and keep going back to it.

Do you want love? The mere desire is a proof of the availability of the love you want, for someone has rightly defined desire as God tapping at your door with His infinite supply. So plant the seeds of love by giving it to all you come in contact with. Plant the seeds freely, serenely, believingly, and the harvest is as sure as when you plant seeds of wheat in fertile ground.

Make it a practice to appreciate things and people. Use it all through the day whenever anything occurs that pleases you. Say silently, if you cannot do so audibly, "I appreciate you." And never miss an opportunity to say a kindly word of praise or thanks to those around you. As Amy Bower puts it --

"We never know
How far kind words may go.
There is no way to measure
Friendly smiles. They carry treasures
Of courage, faith and love of man.
And we may watch them grow
Until their warmth
Infolds a multitude; returns to bless
The giver too with bread of happiness."

A good affirmation to use is -- "I so love that I see all good and give all good, and all good comes back to me."

Do you want riches? Then plant the seeds you <u>have</u> by releasing them to START the work you want to do. You remember the story of the two darkies, lounging on a river bank dreaming away a sunny afternoon. "What you thinking about?" asked one. "I was just wishing I had a million dollars." "If you had a million dollars," said the first one dreamily, "would you lend me ten?" "No, I wouldn't!" "What, if you had a million dollars, you wouldn't lend me ten?" "No, I wouldn't. If you ain't got gumption enough, niggah, to wish yourself what you want, I wouldn't lend you a cent!"

And that, in effect, is what is wrong with most people. They have enough gumption to WISH for what they want, but they have not a great enough DESIRE for it to DO the things they must to bring that wish to pass. They have not the faith to plant their seed. They have not the magnetism to draw to them what they need.

The great essential is to provide a need -- to supply the "pull". An ordinary beech tree draws some sixty gallons of water from the earth every day. How does it do it? Through evaporation! It spreads out its leaves, the light and heat of the sun absorb their moisture, and they in turn draw it from the earth. The same tree, its branches and

leaves dead, draws not even a pint of water. Why? Because there is no longer the need, the "pull."

And the way to supply the need, to provide the "pull", is to START DOING the thing you want. However hopeless and impossible its accomplishment may seem, start doing it to the degree that you are able to at present.

Most of us feel that we must get somewhere else, or accumulate certain things, before we can make our start. And we wonder and wonder how we can get to that place or get hold of the things we regard as so essential, instead of realizing that all there is to a start is to START!

"Just where thou art, shine forth and glow;
Just where thou art, 'tis better so;
Serve thou the Lord with perfect heart,
Not somewhere else, but where thou art."

Emerson had a saying that you could travel the world over in search of beauty, but unless you had it within yourself, you would never find it, and the same is true of every good thing of life. The first step to success lies right where you are and in what you are doing. Until you have learned the lesson your present work holds for you, until you have learned to do it joyfully, lovingly, as to the Lord, you have not taken that first step towards the goal of your ambitions. You have not really begun.

Supply is an active force. It goes only to those who are alive, who are providing so many and such powerful magnets for it that they can "pull" it to themselves regardless of what obstacles may come between.

But suppose it is health you want? Suppose you are crippled or blind or bed-ridden. What then?

Why, then your remedy lies in breaking up the congealed life in your afflicted organ, and pouring it anew into the perfect mold.

And the way to break it up is by giving all you have of life to that one desire, by working up so intense a FEELING that it shall presently burst its shell and draw to it every element it needs for its perfect expression.

You can't do that by dabbling in mental work, the while you are depending partly upon drugs, partly upon other means. You must FEEL so strongly that your salvation lies in the Seed of God within you, you must BELIEVE so utterly in its power, that you are willing to sink or swim by it alone. Like Grant, you must have the grim determination to "fight it out along those lines, if it takes all summer!"

But it will not take "all summer." Once you get the spirit of it, you will find it by far the speediest and surest method there is. Often your relief will be immediate.

A writer in Unity tells of a friend who was suffering from a physical inharmony that threatened to become malignant, when all at once the thought came to her -- "If God can't heal me, what can this do?" "This" referred to the drugs she was taking. Immediately she applied a cleansing substance to the troublous part, threw away the drugs and from that day had no further trouble.

In THE FORUM recently, Winifred Rhoades told of an amusing happening in India. It seems that a pack animal slipped at a ferry in India some years ago, and a case of medicines was spilled. The colored pills were picked up and returned to their appropriate bottles, but with the white pills it was impossible to tell one kind from another. However, a young native gathered them up, and in spite of the missionary doctor's warning of the danger of using them ignorantly, he promptly made them the foundation of a widespread reputation.

When the missionary next appeared in that region, the young native greeted him with joy. "I owe all my prosperity to you!" he exclaimed. It seems that the bottle containing the assorted white pills he had picked up was the favorite in his shop. Patients came from far and near to get them. And in answer to the horrified doctor's question as to how he could administer them if he didn't know what they were meant for, he announced that he gave them to patients only when he didn't know what was the matter with them.

Dr. Richard C. Cabot of Harvard told a gathering of his fellow-medicos -- "The body has a super wisdom and force which are biased in favor of life rather than death. What is this force? It is God, the healing power which supplies 90 percent of recovery." And on another occasion, he said -- "If nature, assisted by the proper mental and emotional moods, is capable of curing an ulcer in three or four weeks, why isn't it possible for the same force to heal the same ulcer in three or four minutes, when the curative processes have been speeded up abnormally by the subject's passing through an intense religious (emotional) experience?"

You see, underneath all its seeming hardness, life is really a kindly force. Life is love. It is supply. It is health. It has in it every element we need to satisfy any right desire. So there is no need to look to this man, or that drug, or some outside agency, for the things you need. Go to the Primary Cause. Go to Life. Go to God!

"There is a time in every man's education," said Emerson, "when he arrives at the conviction that he must take himself for better or for worse as his portion; that though the wide universe is full of good, no kernel of nourishing corn can come to him but through his toil on that plot of ground given to him to till.

"The power which resides in him is new in nature, and none but he knows what he can do. Nor does he know until he has tried."

"'You are sick,' they said, 'But that isn't the truth' --
And the woman shook her head.
'The Bible declares, he that dwelleth in God
Shall not say, I am sick,' she said.
And she held to the truth through a starless night,
Till morning proved that her words were right.

"'You are tired,' they said. But she smiled at that.
'How can I be tired,' said she,
'When the only work is work for God,
And He is my life, you see?'
And she quietly went her busy way,
With a happy song in her heart all day.

"'You are poor,' they said. But she only thought,
'How litle they know! God speed
The day when the world awakes to find
That love is its only need.'
And she still maintained, as her fortune grew,
Not money but love -- if they only knew!

"For the world knows not of the peace that comes
To a soul at one with God.
It is only those who are toiling on
In the path the Master trod
Who can feel, through the dark, that loving hand,
And holding it fast, can understand."

What was it that made Napoleon Master of most of Europe? Not native genius. Not brilliant intellect. In his class at the Military Academy, he stood forty-sixth -- and there were only sixty-five in the class!

The genius that made Napoleon was first his intense DESIRE for power, and then his colossal belief in his own destiny! He had no fear in battle, because he believed the bullet was not made that could kill him. He had no hesitation in attempting the seemingly impossible, because he believed the very stars in their courses would stoop to sweep the obstacles from his path.

You see, the secret of success lies in this: There is inside you a Seed of Life capable of drawing to you any element you need, to bring to fruition whatever of good you desire. But like all other seeds, its shell must be broken before the kernel inside can use its attractive power. And that shell is thicker, harder, than the shell of any seed on earth. Only one thing will break it -- heat from WITHIN -- a desire so strong, a determination so intense, that you cheerfully throw everything you have into the scale to win what you want. Not merely your work and your money and your thought, but the willingness to stand or fall by the result -- to do or to die. Like the Master when He cursed the fig tree for its barrenness, you are willing to demand of the Seed of Life in you that it bear fruit or perish.

That is the secret of every great success. That is the means by which all of life, from the beginning of time, has won what it needed.

What was it gave to certain animals protective shells, to others speed, to still others a sting, to those who needed them claws or horns? What gave to the bold and strong the means to destroy, to the weak and cowardly facilities for hiding or escape? What but the Seed of Life in each, giving to every form of life the means that form craved to preserve its skin.

Go back through the ages and you will find that as conditions change, the forms of life change with them. When the whole earth was covered with water, the only forms of animal life were in the sea, so they breathed through gills. Then parts of the land began to emerge and the changing tides left certain forms of sea-life high and dry half the time. Did they perish? No, indeed! They grew lungs to use in the air to supplement the gills they needed in the water. The Glacial periods came and a large part of the earth was covered with ice. Did the animal life freeze? Again, no. Those forms that were subject to cold grew fur, those in warm climes hair, while the birds which alternated between heat and cold grew feathers.

Always the seed in each form of life responded to the call of that life -- "Give me so-and-so or I perish."

Since the very creation of the earth, Life has been threatened by every kind of danger. Had it not been stronger than any other power in the Universe -- were it not indeed a part of God Himself -- it would have perished ages ago. But God who gave it to us endowed it with unlimited resource, unlimited energy. No other force can defeat it. No obstacle can hold it back.

What is it that saves men in dire extremity, who have exhausted every human resource and finally turned to God in their need? What but the unquenchable flame of God in them -- the Seed of Life He has given to each of us -- with power to draw to us whatever element we feel that we need to save us from extinction.

What do business leaders advise young people today? Live within your income? No, indeed! Go into debt! Reach out! Spread yourself! Then dig the harder to catch up!

You are entitled to just as much of the good things of life as Ford or Rockefeller or Morgan, or any of the rich men around you. But it is not THEY who owe it to you. And it is not the world that owes you a living. The world and they owe you nothing but honest pay for the exact service you render them.

The one who owes you everything of good -- riches and honor and happiness -- is the Seed of Life inside you. Go to it! Stir it up! Don't rail against the world. You get from it what you put into it -- nothing more. Wake up the Seed of God inside you! Demand of it that it bring you the elements you need for riches or success. Demand -- and make your need seem as urgent as must have been the need of the crustacean to develop a shell, of the bird to grow wings, of the bear to give it fur.

Demand -- and KNOW THAT YOU RECEIVE! The Seed of Life in you is just as strong as ever it was in those primitive animals of pre-historic days. If it could draw from the elements whatever means it required to enable them to survive, don't you suppose it can do the same today to provide you with the factors you consider essential to your well-being?

True, these factors are different from those called for in primitive times, but do you suppose that matters to the Seed of Life? Everything in this world is made up of energy. Don't you suppose it is as easy to pour that energy into one mold as into another?

Many seem to think that riches and success are a matter of luck. They are not luck. They are a matter of DEMANDING MUCH from the Seed of God inside you, and then insisting upon those demands being met.

The trouble with most people is that they are looking to some force outside themselves to bring them riches or happiness. The superstitious carry a rabbit's foot or an amulet, believing it will bring them luck. The religious carry medals or images or the relic of some Saint. It never occurs to them that they have the means of going direct to God. God seems too impalpable, too shadowy and far away. His

apparent isolation, His seeming detachment from their work-a-day world, makes Him appear too unsubstantial to depend upon in real need. They want something they can see and feel and talk to. Something with a substance like their own. Hence the demand for statues and pictures and shrines and relics. Hence, too, the need for Saints and Priests -- intercessors, nearer to the Great One than ordinary mortals can hope to reach.

But direct contact is always better than even the most potent intermediary. And you HAVE the direct contact, any time you want to use it.

You are a Tree of Life. The seed of you is a Seed of God -- part of Him as much as the acorn is part of the oak. And that Seed has all the properties of God, just as the acorn has all the potential properties of the oak. It can draw to you every element you need to make yours the most perfect tree in the garden, the most fruitful.

So, instead of depending upon the stars, or a rabbit's foot, or an amulet, or even the Saints, put your faith in the Seed of God, which is the animating part of you. No matter what your circumstances may be, no matter what obstacles may conspire to hold you down, look -- NOT merely to the means at hand, NOT to circumstances or conditions -- but to that never-failing power of the Seed inside you to draw to you any element you believe you MUST have to survive.

That is the way to make your "Star," your "Destiny," work for you. Only the "Star," the "Destiny," is right inside YOU. It is the Seed of God, the Seed of Life in YOU which your desire, your faith, and your need have started into action. It is stronger than any circumstances. It can overcome any condition. So bless it and baptize it, <u>and stir it up</u>!

Bless it morning and evening, but when the urgent need arises -- DEMAND! Demand that it bestir itself. Demand that it draw to you whatever elements you need. Demand -- <u>and give all</u> as you demand all -- make it a matter of life or death, survive or perish.

There is a point in the tree, you know, below which the "pull" of the leaves has little power. That is the point to which the roots must deliver the water, or the tree will never flower or bear fruit.

There is a point in your circumstances or your business at which the pull of your Seed of Life does not make itself felt. That is the point to which your efforts must deliver the fruit of your work, or your desire will die still-born.

So when you demand, first GIVE -- throw every bit of

effort you have into reaching the point at which the Seed of Life will take over the work.

It is this which makes so successful the prayers of those who, demanding riches, throw all their scanty store into the plate, and depend solely upon that Seed of God in them to supply their needs. When you can do this, believing, the world is yours.

"When things go wrong, as they sometimes will,
When the road you're trudging seems all up hill,
When the funds are low and the debts are high,
And you want to smile, but you have to sigh,
When care is pressing you down a bit.
REST -- if you must -- but don't you quit.

"Success is failure turned inside out --
The silver tint of the cloud of doubt,
And you never can tell how close you are,
It may be near when it seems afar.
So stick to the fight when you're hardest hit --
It's when things seem worse that you mustn't quit."

Exercise for Lesson IX

"All things therefore whatsoever
ye would that men should do unto
you, even so do ye also unto them;
For this is the law and the prophets."

Someone in Omaha studied that Golden Rule, and out of it found the solution to much of Nebraska's jobless problem. He brought together a number of jobless men and women, and started them doing things to help others!

Forgetting their own troubles, they looked about them for ways to help others more unhappy and unfortunate than themselves and organized the All Omaha Self Help Society. They do farming, craft work and canning. They build houses, repair them, tend yards, do housework, care for children, and perform any service that offers which is of value to the community. Where money is available, they accept pay for their services and turn it into wheat and flour and fuel and shelter. They have improved their condition and that of all around them, without waiting for business to pick up or for some government agency to give them a lift. And in scores of parts of the country, similar groups have done the same.

In times of quandary, when you seem at the end of your rope, if you will only stop and think awhile, you will nearly always find that you have the BEGINNINGS of the solution of your problem in your mind, or somewhere ready to your hand. Use that beginning to start -- no matter on how small a scale.

Years ago there was a little girl of sixteen in a University town whose father had just died, and left a wife with three small children (of whom this girl was the eldest) with a lot of mortgaged real estate but nothing in the way of cash to pay interest and taxes and buy them bread.

What would you do if left in such a position? Most of us would simply "go on relief" and then complain because the government pittance was so small. But this little 16-year-old girl, by name Mary Elizabeth, was made of stronger stuff.

She had no special accomplishments that might be worth money, but she was fond of making candy, and friends had often praised its unusual quality. So she made up a batch of candy, rented a little booth near the University, and offered it for sale. Today the Mary Elizabeth Candy stores are big business ventures, and her family has lived in comfort off them for years.

Alice Foote MacDougall built a business that, before the depression, was worth $5,000,000, on as small a start. She had a little booth in Grand Central Station where she sold coffee. One blustery winter's day, everyone that came in seemed so cold and hungry that she sent home for her waffle iron and the necessary ingredients, and served waffles free to all who came for coffee. Those free waffles made her famous. They were the start that built for her a string of restaurants and a good-sized fortune.

The stories of that kind we might tell are legion. There was the poor farmer's wife who gave some of the strawberry preserves she was making to a youngster from High School who had stopped by for a drink. He thought them so good that he asked if he couldn't sell some of them to neighbors. From that start she built a profitable business.

The famous Jones Farm Sausage got its start from the talk of neighbors and friends who had tasted this delicious sausage at the Jones' table. And many another successful business has started on as small a scale.

The great thing is the start -- to see an opportunity for service, and to start doing it, even though in the beginning you serve but a single customer -- and him for nothing.

"In life's small things be resolute and great
To keep thy muscles trained.
Knowst thou when Fate thy measure takes?
Or when she'll say to thee
'I find thee worthy, do this thing for me!'"

Lesson X -- OLD MAN GRAVITY

By Robert Collier

Out in California, when you meet a man who feels "down in the mouth" and ask how it is with him, he doesn't tell you that his digestion is bad or his liver off color, but, more likely, he will say -- "Old Man Gravity's got me."

Sinbad the Sailor had the same idea away back in the times when the Arabian Nights were new. He called it The Old Man of the Sea, but it rode his shoulders just like "Old Man Gravity" does today. What is this Old Man?

When you lack ambition, when you feel discouraged and the world seems all awry, it isn't the fault of your liver. It's "Old Man Gravity."

When your feet weigh a ton, when there doesn't seem to be an ounce of energy left in your system, it isn't a pill that you need. It's some way of knocking "Old Man Gravity" off your shoulders.

Who is he? His full name is "Gravitation." He is our same friend whom we have met in so many guises before. Properly cultivated, he can be made a power to attract to you all of good. But when ignored or wrongly used, he is just "Old Man Gravity", weighing you down.

The Law of Gravity, you know, is the pull of the mass. It is the tendency of solid objects to draw to them every loose particle within their range of attraction. It is the constant struggle of inertia against ertia.

What has this to do with discouragement, lassitude and the like? Just this:

Your body is made up of solids and liquids. The solids are the mass of condensed energy. The liquids are the particles of "free" energy. The force of gravity in your body and in the earth is all towards attracting those free particles to the solid mass, and condensing them into a part of it.

But when those loose particles become congealed into one solid mass, you're dead! So the life-giving forces within you are all for freedom. They are "ertia", and from birth to death, they wage a constant fight against the forces of "inertia."

How are you to keep "Old Man Gravity's" hands off you? How are you to release his hold when he gets his clutches upon you?

How do you release his hold on water? By turning it into steam, do you not? How do you release his hold upon coal or oil? By vaporizing it, by turning it into gas!

You can't turn your body into steam or gas, but you

can use the same idea. You know how martial music will put new life into soldiers who seem ready to drop. Why? Because stirring music wakes up the particles of "free" life in you and sets them whirling at a faster rate.

You know how a fragrant perfume will revive you when you are tired. Why? Because it, too, has the faculty of stirring up the life in you, whereas an obnoxious smell has just the opposite effect.

You know how a bright, sunshiny morning fills you with pep, whereas a gray, cloudy day gives you the blues. Why? Because sunshine wakens the life in you, and makes it expand.

Love, laughter, happiness, praise, all stimulate the "free" life in you -- all make you feel better, regardless of what condition you may have been in before. Sorrow, hate, fear, worry, depress the life in you, and make it easy for "Old Man Gravity" to get in his work.

Why is it that sudden good news has often raised sufferers from their sick beds, sometimes after they had been given up as lost? Because joy frees the life-energy in your body. It breaks up the condensed particles and sends them merrily about their appointed work.

Why is it that worry and fear bring so great a harvest of sickness and old age and death? Because worry and fear mean strain. And strain hardens -- congeals -- the life-energy in you. You hear of people being "scared stiff", and the expression is literally true. You read of "the lame man leaping as an hart" for joy, and again it is literally true.

Of course, sudden fright will sometimes loosen every particle of free energy, and enable a paralytic or cripple to perform prodigies of strength. Some years ago, for instance, I received a clipping from a Los Angeles paper, telling how "Frances Avita, frail and weighing only 100 pounds, lifted a heavy automobile off the head of her brother and saved his life after an auto accident. Summoning superhuman strength, the girl was able to lift over 900 pounds, a weight which no ordinary man could move."

It is this sudden freeing of the life energy in him which makes a badly scared man the most dangerous man on earth. It is like the sudden freeing of energy that takes place when you ignite any explosive. He has for the moment the strength of ten men, and he will use it in any way to escape the danger he fears. But continued fear, like any other continued nervous strain, dissipates that energy and makes one powerless as the rabbit "charmed" by its ancestral enemy, the snake.

This is true not only of your body, but of your business, your home, your circumstances and surroundings. Belief

in yourself and your power over things, faith in the destiny that carries you on, will mold all the free life about you into factors favorable to your well-being and success. Pessimism, worry, fear, will congeal that life into a bleak and dreary waste.

Dr. Draper of the College of Physicians and Surgeons of Columbia University, recently asserted that man's most destructive forces are within his own soul.

As though to confirm this, the Reader's Digest stated recently that "Personal worry is one of the principal causes of physical ailments which send people to hospitals. The chances are better than even that if you are ill, worry is causing the symptoms."

In the Springfield Weekly Republican recently there appeared an article stating -- "New proofs that worry can wear holes in people's stomachs are reported by Dr. Daniel Davies and Dr. A. T. Macbeth Wilson, both of London, in the form of records of 58 instances of severe stomach bleeding among 50 different patients. In 47 out of the 58 attacks, Doctor Davies and Doctor Wilson found that the bleeding was preceded by some kind of worry or emotional stress. One ship's captain was upset by a breakdown of his ship's engines, which he feared that an incompetent engineering staff would not fix in time to keep the ship from being lost.

"A businessman had unexpected trouble with his bankers and had to raise $75,000 within a few days. At the other end of the social scale, the proprietor of a one-man coffee stand had just failed and lost his business. An already worried nurse found herself suddenly responsible for the whole hospital, through illness of the sister in charge. An accountant bled from his stomach following an unexpected demand by his partner for dissolution of the business. A father had two attacks of bleeding, each following the birth of an addition to the family."

Dr. Loring Swaim, who is the Director of a famous clinic in Massachusetts, has under observation 270 cases of arthritis which were cured when they became free from fear, worry and resentment.

Dr. W. S. Inman of the British Medical Association says that "Thinking about babies often makes women get styes on their eyelids." And under the heading of "Anxiety and Illness" the Reader's Digest told of a man who was bothered by a troublesome skin disease. "Almost every Monday I have a breaking out like this," he said. Asked by the physician what he did on Sundays, it developed that he usually visited a young lady to whom he had been engaged for years, but who had repeatedly postponed the wedding day. Each Sunday he pressed for a decision. Each Monday was the day after frustration.

And almost every Monday, his skin protested his anxious state by breaking into eczema.

"There is increasing evidence," says the article, "that pent-up, repressed anxiety which cannot be discouraged in action is discharged in the form of disease. In many cases of high blood pressure, no organic cause can be traced. Dr. Erwin Moos reports the case of a man with a systolic blood pressure of 280, who was afflicted with a lung disorder, and whose urine showed traces of albumen. Rest and drugs brought no beneficial effect, but one day the patient remarked that he had done great wrong to his estranged wife. The doctor immediately arranged a meeting, and after a friendly discussion between the two, the man's blood pressure fell to 150, his lung symptoms abated, and the albumen disappeared. Several years later the patient was in good health, with a blood pressure of only 130.

"Fully fifty percent of the problems of the acute stages of an illness, and seventy-five percent of the difficulties of convalescence, have their primary origin -- NOT in the body, but in the MIND of the patient," says Dr. Edward A. Strecker.

Perhaps the whole matter is best summed up in the words of John Wesley, written in his "Journal" under date of May 12th, 1759:

"Reflecting today on the case of a poor woman, who had continual pain in her body, I could not but remark on the inexcusable negligence of most physicians in cases of this nature. They prescribe drug upon drug, without knowing a jot of the matter concerning the root of the disorder. And without knowing this, they cannot cure, though they may murder the patient. Whence came this woman's pain (which she would never have told had she not been questioned about it)?

"From fretting for the death of her son. And what availed medicine whilst the fretting continued? Why then do not all physicians consider how far bodily disorders are caused, or influenced, by the mind?"

That this is often true even of the diseases of young children is indicated by an experience of Zola Somerville, as given in Unity Weekly:

Her little daughter had been on a coasting party one evening, somewhat against the mother's wishes, and late that night Mrs. Somerville became aware of a nagging, irritating cough from her daughter's room across the hall.

After thinking over a number of simple remedies she had in the house, and rejecting each, she began to ask herself -- "What is a cough anyhow? What causes it? The answer came clearly -- irritation. Yes, undoubtedly a cough is irritation. In fact, this particular one sounded

very irritating to me. That answered the first question, but where it had come from or what caused it was not so easily answered.

"Well, then, who was irritated, my daughter or I? Something deep down inside me seemed to say -- 'Aren't you irritated right now thinking that she shouldn't have gone out into the snow? Also because you are being kept awake when you think you want to sleep?' Admitting that, what was I to do about it? What is irritation? It seems real but does God make it? No, I felt sure He had not.

"All right then, if God had not made irritation, what had He made? What is the opposite of irritation? Quick as a flash came back the answer -- PEACE! Then I recalled that before Jesus left His disciples He said: 'Peace I leave with you; My peace I give unto you.' And there came to my mind the incident when the disciples were in the ship with Jesus and a great storm arose. 'Peace, be still,' He said to the sea, and there was a great calm.

"Evidently there was great power in that word peace when it was uttered by one who knew the power of the spoken word and spoke it with authority. For a long time I was entirely unaware of anything about me except the consciousness of this wonderful gift of peace. How grateful I felt for such a rare gift.

"When I thought of my daughter again, I realized how very quiet the house was. I listened for some minutes, but only the sound of quiet, regular breathing came from the room across the hall -- no irritating cough to keep me awake. Another miracle had taken place, yet it was all divinely natural. My thoughts of worry and irritation had simply given place to the consciousness of the real kingdom of peace on earth.

"The next morning, my daughter's cold had entirely disappeared -- in fact, she showed no more signs of cold during the remainder of the winter."

Peace, relaxation -- few things are more important to good health. At the Bailey Educational Service in New York, cranky children are taught to play a game of "shut-eyes." First the teacher, then the child, closes his eyes and keeps them closed for half a minute or so. Gradually this is extended to relaxing the arms, the hands, the legs and feet. "Relaxation," it is explained, "does not work miracles, nor are the benefits noticed at once. But gradually the child learns to do it himself. He rests himself, recharges his nervous system. Temper, tantrums and crankiness disappear."

To be able to teach your own child, you must first learn how to relax yourself. "The first thing to do," explains the school, "is to sit in a comfortable chair or

couch. Fold the hands easily in the lap, or let them rest on the sides of the chair, completely limp. The eyes should be closed, the lips permitted to part, the head to fall to one side, where it is supported by the shoulder. The feet should be crossed at the ankles, the soles outward. Every muscle should slacken."

Such relaxation, if only for a half a minute, provides remarkable rest. "It is impossible for a thoroughly relaxed person to become angry," declares the head of the school. "Anger is a matter of the nerves, and is due to too much tension."

This statement is borne out by Dr. Howard W. Haggard of Yale University in his book "Devils, Drugs and Doctors."

"Paralysis of a limb may be a sign of serious disease," he says, "but a man may be paralyzed with fear, and he may be struck dumb or blind with terror. Diarrhea also is a symptom of disease, but it is likewise often a complication of emotion. King James I of England was prone to diarrhea from the emotion aroused by distressing matters of state. The excessive secretion of saliva, called salivation, may occur in disease, while in fever the mouth may dry out and become parched. The saliva is also secreted excessively when a savory food is merely thought of, and the mouth dries out with fear.

"This last is shown by the glass of water put before the public speaker; he drinks before he speaks because he is frightened and afterward because he has dried his mouth by talking.

"The dry mouth of fear was one of the early legal tests, a form of ordeal. The mouth of the defendant was filled with flour; if he was innocent and felt no fear, his saliva flowed and he was able to swallow the flour; if he was guilty, his fear kept his mouth dry and he choked.

"Vomiting may come from illness, and it may also come from fear or the smell of some disgusting substance. The pressure of the blood in the artery rises slowly as the kidneys harden with ages, but it also rises even from the emotion caused by having a physician apply the apparatus to determine its height.

"The blood of a man with diabetes contains an abnormal amount of sugar and some of it finds its way into his urine; strong emotions suffered in restraint may temporarily cause both of these symptoms, as in the football substitute sitting on the side lines, or the student faced with a difficult examination.

"Most of the symptoms of disease can be counterfeited by the influence of the nervous system upon bodily functions. Mental irritation or depression can produce

dyspepsia, jaundice, or a general decline. Fright may produce palpitation of the heart, and heart failure has resulted from business reverses. After cities are destroyed by earthquakes, men and women are found dead who show no signs of injury. The modern surgeon is worried by the patient who faces an operation with the conviction that he will die.

"There are on record a number of cases of persons mentally depressed, but not otherwise unwell, who have accurately predicted the time of their death. Thus Dr. John Billings mentions the case of an officer who had sustained a slight flesh wound at the battle of Gettysburg. The man, although unusually robust, became depressed mentally, and declared at the start that he would die, which he did on the fourth day. A postmortem examination showed that every organ was healthy and the wound was too trivial to cause death.

"Pain, which is the supreme subjective phenomenon of disease, is almost wholly mental. A man during rage feels no pain from injury until after his anger has cooled; the same man waiting in the anteroom of the dentist may suffer agony in anticipation.

"The gravest disturbances of the body are seen in a disease of the imagination called hysteria. Hysterical persons involuntarily counterfeit the symptoms of disease; the limb may be drawn up in a deforming contracture, or palsied. Persons with hysteria may become mute or blind, their sensations may be perverted, they may vomit obstinately or lose their appetite and waste away."

Dr. Haggard goes on to point out that such conditions may continue for years, yet be suddenly and completely relieved by some highly emotional experience, such as a fire or an earthquake, or just the exaltation of a fervent belief in some relic or "healer."

If conditions of such long standing can be instantly and completely cured -- and every physician will agree that such cures have been made -- then, in our opinion, ANY condition can be just as quickly and completely cured!

For everyone knows that if you keep a bone or muscle in one position for months and years, it will grow that way. It matters not why you assumed the position at the beginning, whether from hysteria or accident or disease. "As the twig is bent, the tree is inclined."

I remember reading the case of a healthy young farmer who went to Chicago to find work. Unable to get a job, he presently drifted around to one of the many "flop houses" for the night. There an acquaintance "put him onto the racket" of posing as a cripple and begging alms at some street corner. He tried it; it proved profitable beyond anything he could earn by honest work; so he became a professional cripple and mendicant.

For ten years he sat on street corners twelve and fourteen hours a day, his limbs pitifully hunched up, the while he begged coins from gullible passers-by. At the end of those ten years, do you suppose he could use his limbs? No more than if they had been crippled by accident or disease! It took him years to regain their power.

So when faith or emotion or understanding instantly cures a condition of long standing, what does it matter how that condition occurred? It has been allowed to GROW that way, and the growth is just as stubborn, just as "set" if caused by hysteria, as though it had been started by serious accident or disease.

Therefore, when doctors admit that one kind of palsied or deformed limb can be cured (as they do) by faith and emotion, they are by that very admission giving evidence that ANY kind may be cured!

Brown Landone, who is now well along in his nineties, tells in one of his books of having been an invalid for seventeen years, his whole time spent in bed or in a wheel chair, his knees swollen as large as water pails, his heart organically diseased. Then one day the house caught fire, and this man who could not climb a flight of stairs without fainting away, not only ran up steps like an athlete, but carried down three heavy trunks, one after another!

In the New York Times some years ago, there was an account of a paralytic who had not stirred from his bed for five years. The patient in the cot next his own suddenly went crazy and attacked him, and the paralytic wrenched himself loose and ran up three flights of stairs!

More conclusive even than these is an Associated Press despatch of some time ago, recounting the unexpected visit of a boa constrictor to the paralytic ward of the Guayaquil Hospital in Ecuador. When the snake arrived -- by way of a drain pipe and the window -- there were eight patients in the ward, all helplessly paralyzed. Ten seconds later, the snake was the ward's sole occupant.

Every bed was emptied, every patient "miraculously" cured. One, who had not moved from his bed in two years, jumped six feet to a window, and then took easily the eight-foot jump from the window to the ground. And in each of the eight cases, it was reported that a complete cure had been effected!

But an outside stimulus is in no wise necessary to stir the emotions. It can be done as effectively from within, through the stimulus of a strong conviction. Starting a fire or importing a snake to cure a paralytic is almost as wasteful as the old Chinese custom of burning down a house

just to roast a pig. There are less expensive and more effectual ways.

Go to any of the more popular shrines, and you will see men carried in on stretchers or limping along on crutches, lifted to a high emotional pitch through preaching or music or just the contagion of the emotional excitement around them, then walking away as well and strong as you or I.

There is nothing miraculous about it, any more than life itself is miraculous. The miraculous part is that mankind has not long ago discovered the perfectly natural laws governing such "miracles".

Why are the Churches beautifully decorated, in rich colors? Why do they give us such wonderful music? Why do they have congregational singing? Because beauty and color and music and singing all appeal strongly to the emotions, all have a tendency to awaken the dormant life in us, stirring it out of the congealed form in which sickness or accident has left it, giving us the chance to pour it anew into God's perfect image.

How did Jesus heal the sick? By first commanding the "devil" to get out of them. In other words, by first loosening the congealed life from its diseased form. Then it flowed easily into the perfect pattern He held of it. "Satan hath bound this woman," He said of one, and then proceeded to loosen the bonds.

Treating with drugs is working upon conditions. To cure those conditions, you must go back to the parent causes. "Heal me, O Lord, and I shall be healed," prayed the Prophet Jeremiah. And when you work through Mind to reach the causes of your trouble, you are truly healed.

That is the way Jesus worked. He first preached. He gave His hearers the necessary understanding. He worked up their faith, their emotion -- then He healed them. And in the one place where there was no faith, where there was nothing but negative emotion, in Nazareth where the crowd went to jeer rather than listen to Him, it is written that "there He did no mighty works because of their unbelief."

Two requisites there are without which there can be no healing. The first is understanding faith. The second is emotion.

But how can you work up your emotions to the proper pitch? How do you work them up to the pitch of asking a girl to marry you? You don't wait for a brass band to stir you up. You don't dive from an aeroplane or jump up and down to work up the necessary heat. You get your heat from within. You dwell upon her every perfect quality in your thoughts, do you not? You think of her in your embrace, you picture your happy life together, you live it all in your imagination.

You must make the thought of your perfect body just as real. You must visualize your perfect organs, you must so fervently desire them that you can see yourself using them, you must actually FEEL THE THRILL of it! When you can work up that FEELING, and hold it long enough to bless the organ and baptize it God's perfect image, YOU WILL HAVE THAT PERFECT IMAGE FOR ALL TO SEE!

Brown Landone showed how you can help others to be healed in this very same way, in one of his articles in Nautilus Magazine: "A patient had a very lame leg. Its muscles were so sore that it was almost impossible for her to take a step on her left foot.

"By the old method," Landone explained, "the practitioner would have refused to recognize the reality of the lameness and pain, and then idealized the Divine idea of a perfect human limb. By the new method, the practitioner did this, and then something more. She told the patient to go home and to imagine that she was again a little girl, running and skipping at play in a field of flowers, to feel that she was a child again, skipping rope and playing tag and having a glorious time.

"Then when the patient was gone, the practitioner herself identified herself with the joyous vital activity of a child. In other words, the practitioner lived in spirit the very activities she had asked her patient to imagine and feel. And the healing took place within an hour.

"Here is another case. About four weeks ago an elderly gentleman came to me, exhausted. Although he had been using mentalized Truth for many years, he felt he had come to an age when there was little strength left in him and that he could not go on actively as he had previously done. I talked with him of the energy he would have, and the good times we could have together, if he would only feel as young as I do.

"'Well,' he said, 'I know there is no time or age in spirit and I have affirmed youthfulness for years, and yet I haven't the energy and pep now which I used to have.'

"'Affirming youthfulness is not enough,' I replied. 'Affirmations are thoughts about youthfulness. What you need is to feel youthful, to awaken powers deep down underneath thought.'

"'Anyway,' he said, 'I haven't the energy to act like a kid!'

"'Well,' I said, 'I'm older than you are and I am going to give you a treatment by taking two hours off this afternoon to have a glorious time!'

"I went to the beach with five young men and all the time I was enjoying myself and acting like a kid -- whether

bathing, rowing, or skipping up and down the beach. I identified myself with the vitality and strength of youth, and also with the love of youthfulness and the love of that 'old' man!

"That night when I returned to the city, I had a telephone call from him. He said, 'About three o'clock this afternoon, I began to feel a return of energy such as I have not had for twenty years. It is astounding.' (And it was twenty minutes to three when the young men and myself left our auto and took our first skip down the beach.)

"That was four weeks ago, and the man is gaining in strength and vitality every day."

If thou wouldst right the world,
And banish all its evils and its woes,
Make its wild places bloom,
And its drear deserts blossom as the rose --
Then right thyself!

If thou wouldst turn the world
From its long, lone captivity in sin,
Restore all broken hearts,
Slay grief, and let sweet consolation in --
Turn thou thyself!

If thou wouldst cure the world
Of its long sickness, of its grief and pain,
Bring in all-healing Joy,
And give to the afflicted health again --
Then cure thyself!

If thou wouldst wake the world
Out of its dream of death and dark'ning strife,
Bring it to Love and Peace,
And Light and Brightness of Immortal Life --
Wake thou thyself!

-- James Allen in Epoch

Exercise for Lesson X

At the Bethlehem Steel Mills men were loading cars with pig iron, each man carrying twelve and one-half tons a day. Frederick W. Taylor, efficiency expert, advanced the unbelievable theory that, according to foot pounds and calories, the men should carry three times that amount. He put it to the test merely by making the men sit down and rest every few minutes -- before they tired instead of after. If you sit down before you tire, the body repairs itself, or rests, much more quickly; you require less time for resting in the long run and almost never slow up your work because of fatigue.

Well, this simple rule enabled the men to carry forty-seven and a half tons of pig iron the very first day and to continue at that rate -- three times as much as formerly.

That tells the story. It is almost never your work that tires you, but how you work. You should rest before you tire, or the moment you begin to tire, instead of postponing rest until the next hour or day or week.

In the days of ancient Greece, there was probably no exercise or work that took as great a toll of heart and nerve as long-distance running. Yet many of these runners lived to be old men and were almost as speedy and enduring at fifty as when young.

How did they manage? The moment they finished a run, they relaxed utterly. And the way they relaxed was to lie on their backs, with their legs up against a tree or other support, their feet as high as they would go!

The reason? To send the blood to the head and the back of the neck, where many of the glands are located that have so much to do with injecting new energy into the heart and nervous system.

What is it that makes the stomach sag, the cheeks become jowls, the whole figure flop? What but the pull of GRAVITY. Keep a rabbit in an upright position for two hours and it will die. Why? Because its vital organs have been pulled out of place.

Yet man stays in an upright position most of his time. Perhaps that is one of the reasons man lives only two to three times maturity, on the average, while the animals live five to seven times theirs. His vital organs bog down from the continual pull of gravity. Even his brain, some believe, sags like an egg with an air bubble at the top, bringing on senility.

The Success School of New York utilizes this idea. They have found that the one way to reduce without leaving the jowls flapping over the neck like a turkey gobbler's, and without making the skin of the cheeks flabby, is to lie for a while each day with the feet raised eighteen to twenty-four inches higher than the head, and with the head hanging down slightly lower than the rest of the body. Their success in making older women look ten to twenty years younger has been almost miraculous.

Surgeons use this method in the operating room when they find a patient near collapse. They raise his legs, lower his head.

Now comes Brown Landone to tell of a food that "Makes cells grow younger!" In an article in Nautilus Magazine, he wrote --

"More than twenty years ago experiments were made on old decrepit rats. They were so old that, proportionately, they were about as old as a man of ninety years. These

decrepit old rats were fed what were then called 'immature' foods, that is, foods which had not finished their growth, sprouting new stems and very young leaves. The results were amazing. The decrepit old rats were transformed, and their bodies began to grow younger!

"No one understood the cause of this. The experiments had been conducted to test effects of vitamins, but with larger amounts of vitamins in matured or full grown foods, the old rats did not grow younger. Hence, scientists knew there was something else, other than vitamins, which worked like magic in growing youthful cells.

"Several years passed, and no one tumbled to the spiritual significance of that experiment. Then, some five years ago, I began experimenting with young growing plants, in this case sprouts of bean seeds. I had used sprout foods for more than a generation, but had no proof of what caused them to be of value.

"At about the same time, other scientists discovered a root-auxin in plant roots. When they extracted this auxin from the tip of a young growing root, and pasted it on the edge of a leaf, roots grew even on the edge of the leaf! This is the miracle of auxinon foods -- they induce growth after their own kind of activity. A root-auxin will grow roots; and a youth-auxinon will grow youthful cells.

"Youth-growing substances from new growing sprouts will induce cells to grow younger. That is, there is 'something' in the chemical substances of a youth-growing auxinon which, when you eat it as food, makes the cells of your body reproduce younger cells instead of older cells.

"The best auxinon foods I know of are found in Mung Bean sprouts. Mung Beans are Chinese beans."

But Landone goes on to point out that foods are but one phase of growth and change. What you think -- your emotions, your desires and ideals are even more important. Take hold of healing with your whole spirit, and like Jacob of old, make up your mind -- "I will not let thee go except thou heal me." Join with all the hosts of heaven in declaring that only the good is true, and that good health everywhere is made manifest.

> "Life abundant quickens me now. Love all-powerful heals me. God's strong, pure life is now active in and through every cell in my body. His perfect image of my every organ is now vitalized in me in perfect form. By the power and authority of Jesus Christ, every cell in my body is vitalized and restored. I have come to Him and I AM healed."

Lesson XI -- LIFE BEGINS WITH MOVEMENT

By Robert Collier

Some physicians have said the only disease is CONGESTION -- that all other ailments are but an intensification of congestion.

Congestion means "over-crowding." When your lungs are congested, and you have difficulty getting enough air into them to breathe, it is not because there is any lack of air. There is just as much oxygen around you as there ever was. The trouble is that so much foreign matter has gotten into your lungs that the air cannot get in! They are no longer the clear, open channels that are needed to let in the oxygen to purify your blood.

All experiments in the perpetuation of life have shown that two things are necessary:

1 -- Food for renewing and rebuilding the cells.
2 -- Open pores, open passages through which to absorb it.

Dr. Carrel in his experiments with the chicken heart which he has kept alive and growing for more than 25 years, and which seems able to live forever, has shown that cleansing it of all impurities, keeping its pores and passages open, is just as important as giving it proper nourishment. For the cells cannot absorb that nourishment unless their pores and passages are open wide enough for its unobstructed passage.

All the air in the world will do you no good if your lungs are so congested that you cannot take it in. All the food in the world will give you no nourishment if your arteries and passages are so stopped up that nothing can get through them. You must throw off the old before you can absorb the new. You cannot pour water into a vessel already full. You must clean out the refuse of waste and worn out cells before you can hope for renewed life and strength and youthfulness.

And the first place where these must be cleaned out is in your mind. When you invite God to heal you, you must make way for Him and for the fulfillment of His law of love and peace. You can't let griefs or grievances, worries or fears, bitter feelings or resentments clutter up the passages, and still hope to see God's life flow through. The ancients used to call anger or resentment a "lump", and it is just that, for when it accumulates it is just like a great

lump in the passages, effectively stopping the flow of life and good.

What is blocking off your health, your happiness, your prosperity? Every good thing in the Universe is all around you, as open to you as the air you breathe, as available to you as any radio program is to your radio receiver. The obstacles are all in YOU! Remove the negative thoughts, the fears, the resentments -- and see how quickly the good will flow in! It is the old story that everything must be cured in your own mind first.

All external conditions are but the outward manifestation of your inner thoughts. Good is all around you, like the air you breathe. There is no more of the energy of the universe available to John D. Rockefeller or Henry Ford than there is to you. They have kept more of their passages open, that is all.

In an article in Nautilus Magazine, Kate F. Byrne told of a mechanic who had been given up by physicians as incurable. Since they could no longer offer him hope, he decided to study his own case and see if there was anything he could do for himself.

Being a mechanic, he naturally became interested in the methods the body used to nourish and renew its different organs. He learned about the white corpuscles and how they fought disease, and -- most important of all -- how the mind could send a flow of blood to any part of the body on which its thought was concentrated.

So he began consciously applying his thought to sending an extra flow of blood to the part of his body that was ailing. He ordered the white corpuscles in the blood to destroy the germs of disease and remove the waste matter from those parts. He commanded his subconscious to open wide the arteries to those affected parts, and send to them every bit of help that was needed. Within three months, he had lost all fear of the incurable condition. Within a year, he was back at work, cured!

When Kossuth was Governor of Hungary, he suffered greatly from a serious malady which the doctors of his day seemed unable to relieve. Yet when any urgent need arose, he showed that he had within himself the power to overcome it.

"At times when I was nailed to my bed with sickness," he wrote, "news would come from the army demanding all the strength of my activity, and I would say to my body -- 'Be well!' -- and it would obey me."

You have seen the big electric cranes that are used for picking up scrap iron and metals of different sorts. There is a great metal disc at the end of the rope, which can be magnetized or de-magnetized at will. You drop the disc on a pile of scrap metal, turn on the current, and the disc picks up enormous quantities of the scrap. The crane carries it over to where you want the material dumped, you turn off the current and down plops the scrap iron.

You can magnetize any organ in your body in much the same way. You can send your blood flowing to it, have it cleanse away every obstruction, have it carry to it every bit of vitality that is needed to make it perfect.

Bless the Divinity in the affected organ. Send an increased blood stream coursing to it. Command the white corpuscles to destroy the germs of disease, to cleanse away the waste, to renew and revitalize every part. Feel them doing it. Then rest serenely in the consciousness that you are being made well. Don't work on disease -- work on life! Stimulate the life -- and the disease will vanish.

Remember, sickness is not a thing in itself. It is the negative result of the LACK of life or health. It is not something to be treated. It is like the darkness that disappears when you turn on the light. It is a waste of time to treat a condition. It is the CAUSE you want to get at.

In his Teachings and Addresses, Edward A. Kimball puts the whole idea so clearly that I quote it here:

"Suppose you have to treat an insane woman who believes she is covered with feathers. She says she has them. Would you treat her for the purpose of removing feathers? Are there any to deal with? Or would you know that you must abolish such a BELIEF?

"Now then, suppose your patient says that his lungs are half gone. Do you work any more in the realm of decayed lungs than in the realm of feathers? Do you have such a bodily condition to deal with or have you just to abolish the BELIEF in such a condition? Watch yourself. See that your treatments are not treatments for feathers.

"Do not treat fever any more than you would feathers in an insane woman. No pain, no claim of pain, only the action of mortal mind. Do not annihilate, but displace error with right ideas. The true idea is always the saviour."

If your image in the mirror showed a frowning face, you wouldn't try to rub off the frown. You would displace it

with a smile. You don't have to fight sickness. All you need to do is to displace it with the healthy image of the affected organ. Do that, and the sickness will vanish of itself.

Go back to the Primary Cause, which is in your mind. Open wide the passages, clear them of doubts and fears and resentments, and LET God's perfect image of you shine through. Let the universal energy all around you flow into and through you like you let the air flow into your lungs. Don't accumulate lumps of anger or resentment or fear or worry to cause sickness by blocking off the passages to good.

The greatest problem of the body, physicians tell us, is to get rid of waste. We grow old, we get sick and die, not because we wear out, but because our passages get clogged so we cannot take in new life. How are we to get rid of all the decomposed matter, all the worn out cells, all the waste?

How does a Sanitary Engineer do it for a great city? He doesn't boil it or strain it or put strong drugs into it to kill off the harmful germs. He doesn't worry about the negative elements. He bends all his energies to encouraging the positive ones.

"The pollution in sewage," says Dr. John Arthur Wilson, "consists of bacteria and the soluable products of decomposition. The protozoa devour the bacteria and the polluting materials, and finally settle out with the sludge and become part of the resulting fertilizer. Through the introduction of oxygen, conditions are created favorable to the growth of the animal cells, and purification results. If the air supply is cut off, the animal cells succumb, the bacteria win and the sewage becomes foul again."

How is water purified before being turned into the mains of a great city? In the same way -- by being sprayed into the air, thoroughly oxygenated, thus encouraging the growth of the protozoa and giving them the strength and numbers to devour any bacteria the water may contain.

How is your body kept healthy? You breathe in millions of germs with every breath in a crowded street. If your nostrils and throat were examined this minute, it would probably be found that a billion germs were making these passages their playground. But why worry? There are probably two billion friendly germs making a meal off those bacteria, ridding you of poisons, helping to keep your system clean and healthy.

Encourage the life, and the disease will vanish. Turn on the light and the darkness disappears. Keep your pas-

sages open -- your mental ones even more than your physical -- and LET the good come in.

Life is activity. Life is movement. Life is like a great stream that turns the wheels of every powerhouse along its banks. Its power lies in its movement. If it were still, it would generate no power. And the same is true of the powerhouses along its banks. If they do not let the water flow THROUGH them, they get no power. If they plug up their outlets, the water stops flowing in. It is only as they keep their passages open and let the water flow through that they get the benefit of its activity and power.

What then is the answer? Isn't it that life is a continuous giving out of power? That the more we want, the more we must give? That just as we develop our muscles by using them, so must we develop vitality and riches and power of all kinds by giving out what we have?

You remember the experience of Job in the olden days, how his afflictions increased despite all his prayers and lamentations, but how he was promptly cured when he prayed for his friends. The moment he started giving out, new and perfect life flowed into him.

How can we use this principle to help ourselves and our friends and loved ones?

1st -- By relaxing. Know that disease or accident or other misfortune is not something in itself that you have to fight. It is merely a LACK of the right condition. So relax. Stop resisting. Stop closing up your mental and bodily passages. Instead, open them wide to LIFE.

2nd, Bless the good. Stimulate the life in you. Encourage it. Praise and bless it. Praise, you know, brings increase. Whatever is praised and blessed, multiplies. Use the power of praise and blessing to multiply the life in you. The Hebrews of old observed that -- "A merry heart causeth good healing, but a broken spirit drieth up the bones."

3rd, Open wide your passages by getting rid of everything that clogs them, mentally or physically. Get rid of your resentments by blessing all who have wronged you, and all you have ever wronged. Make way for life to flow into you. Rid your mind of anger and grief and worry and all resentments, start the life flowing by giving out thoughts of love, of helpfulness, of joy and thanksgiving. As long ago as ancient Greece, Plato wrote -- "If the head and the body are to be well, you must begin by curing the soul."

The story is told of a woman who had gone to consult a

physician. Looking around at all the pained and worried and miserable faces in his waiting room, the thought came to her -- "Why do we sit here looking so miserable? Let's leap up into that other land where all is health and cheer." She went home and prayed -- "I am in your hands, Lord. I have burned all my bridges behind me. What would you have me do -- now, this very minute?" And the answer that came to her was -- "Rise and sing, we are all God's happy litle children."

4th, See in your mind's eye the perfect image of your body as you would have it be, and then "Believe that you HAVE it." First the Word, the mental image, you remember, then the creation. You can't have the perfect house without the perfect blue print. See yourself as you would have yourself be -- then pour all your life into that image. Bless that image. Salute the Divinity in it. Pay no further attention to the disease or imperfect image you may now have. Give all your praise and blessing and thanksgiving to that new and perfect image.

5th, Start using that new and perfect image, no matter on how small a scale you must make the start. Do as the man did who was paralyzed. He found he could use only one finger. So he started the mental image of his new self with that one finger, and began using it just as much as he could. Before long, the fingers next to it began showing life. He used them. Soon the hand, the arm, the whole body responded to his determined urge for life, for activity. He had given all that he had, he had made way for life -- and new life flowed into and through him.

When you want to help others, the same rules apply. Bless the life in them. Start with whatever of good and perfect life they have, and use that to make new life flow through them. Bless that perfect life, praise and give thanks for it. See in your mind's eye the perfect image of them that God made, and send the current of your life into that perfect image through your faith, your earnest desire to help them.

You remember when the woman with an emission of blood touched Jesus in the crowd and was healed, He said -- "Virtue has gone out of me." Well, "virtue" or life must go out of you when you help others. You must give of your vital force -- your prayers and praise and blessing and thanksgiving -- there must be an outpouring of your spiritual energy, before you can put new life into the perfect image of the one you wish to help.

That is why, as in the case of Job, prayer for others so often helps one's self. You have given out life -- so new life flows into you. You have opened the passages, so the stream flows more strongly through you.

It is true that you cannot heal another. But it is also true that you don't have to. The only place you can help another to be healed is through your own mind. When you can see him as healed there, when you can picture him in your mind's eye as perfect and then get the serene feeling of relief and thankfulness that he is healed, you have done your part towards bringing about that healing. Now start the life flowing through that perfect image by going through the movements and activities yourself that a perfect body such as his should be doing, at the same time visualizing him doing the same things.

There must always be someone to release power, someone with the understanding and faith to say -- "Let this thing come to pass!" If some friend is afflicted, and seems unable to make the start himself, do you release the power for him, and thereby attain greater power for yourself.

"For who upon the hearth can start a fire,
And never warm the stone?
Or who can cheer another's heart,
And not his own?

"I stilled a hungry infant's cry,
With kindness filled a stranger's cup,
And lifting others, found that I
Was lifted up!"

In his book "After Everest", Dr. Howard Somervell tells of two patients whom he turned down as being incurable -- cases of malignant cancer. Both were completely cured when groups of people prayed for their recovery.

Such cases have become so common that the Episcopal Church, some years ago, appointed a joint commission of leading medical men and clergymen to investigate and report upon the practicability of healing through prayer. Their report, signed among others by Dr. Charles H. Mayo, said that --

"Christian healing has passed beyond the stage of experiment and its value cannot be questioned. Spiritual healing is no longer the hope of a few, but the belief and practice of a large and rapidly increasing number of persons."

The New York American summed up their report in these words: "It was the essence of the early Christian religion to save from sickness as well as sin. Christ's life is a long record of healing disease and raising from death. We have been calling His acts miracles. Now modern science and religion begin to suspect that He was demonstrating the opera-

tion of a principle which is eternal. Indeed, Christ told His disciples to go forth into the world and demonstrate this principle. He said:

> "Verily, verily, I say unto you, he that believeth in Me, the works that I do, shall he do also; and greater works than these shall he do."

> "More things are wrought by prayer
> Than this world dreams of. Wherefore, let thy voice
> Rise like a fountain for me night and day.
> For what are men better than sheep or goats
> That nourish a blind life within the brain,
> If, knowing God, they lift not hands of prayer
> Both for themselves and those who call them friend?
> For so the whole round earth is every way
> Bound by gold chains about the feet of God."

Exercise for Lesson XI

Like Attracts Like

There is one law of Nature that was considered so important that it was repeated no less than six times in the very first chapter of the Bible, and is referred to in numerous places thereafter. That law is -- "Everything increases after its kind."

Throughout all of Nature you will find no variations of this law. Take the animal kingdom as a start. A group of cells shows "cohesion" or the ability to stick together. Why? Because all are of the same kind, the electronic life in them revolving at the same rate. In like manner, they possess the ability to repel any other kind of cell that might attempt to join the group, because the rate of motion in those other cells is different.

In the vegetable kingdom, the process of selection is greater. Each group of cells attracts to itself from its immediate environment all those cells that are exactly like those forming that particular plant, and it repels all others. Thus tomatoes and potatoes and beans and a dozen other vegetables can all grow side by side, yet remain entirely separate and distinct in their organisms. No part of the potato will be attracted by or absorbed into the tomato, or vice versa. Each uses its selective properties to remain true to type.

LIKE ATTRACTS LIKE

It all goes back to the electrons and protons of which each individual cell -- whether mineral, animal or vegetable -- is made. Everything in Nature starts with this. A single electron is touched in just the right way to start it revolv-

ing on its axis. Its awakening affects other particles of a like nature, drawing them to it, setting them in motion likewise. Each electron is a small universe in itself, with revolving particles turning about a common center with the same motion and at the same relative distances that the earth and planets revolve around the sun.

It is in the RATE of movement that variation occurs. Those groups that have a higher rate of movement produce the higher forms of life. The moment that the rate of movement changes, form and color are changed, and in the case of complicated organisms like the human body, the change in the rate of movement of any part of the body may readily affect the harmony of the whole, for with differences in rotation, the faster units have a tendency to break away from and throw off the slower.

Something of this kind is going on in the body all the time. Older cells slow down, break away and are thrown out. That is how a dog follows the scent of its master -- by the trail of old, discarded cells that he is continually throwing off. It is only when we fail to throw off the inharmonious cells that disease gets a foothold and we sicken or die.

Remember this: Starting with the individual cell, we attract to us only those elements that are identical in quality and character with ourselves and that are revolving at the same rate of speed. Our selective ability is such that we are able to pick such material as will preserve our quality and identity. This is true of our bodies, of our circumstances, of our environment. Like attracts like. If we are not satisfied with ourselves as we are, if we want a healthier body, more attractive friends, greater riches and success, we must start at the core -- within ourselves!

And that core lies in our thoughts. Thought can speed up or slow down the rate of motion of the whole body. Thought can retard certain organs, and thus cause inharmony throughout the whole body. Thoughts of anger, fear, worry, envy, hatred or discouragement can create such inharmony as to bring about cancerous growths in the body as well as disaster in one's affairs. You can cut out such growths with a surgeon's knife, and thus help the body organism to throw off the inharmonious elements, but an easier way, a better way, is to bring the body back into harmony, bring the entire organism into tune.

In Tune With the Infinite

The first essential to putting yourself in harmony with the Infinite Good about you is to relax, to take off the

brakes. For what is worry or fear or discouragement but a brake on your thinking and on the proper functioning of your organs, a slowing down of your entire rate of activity?

It is said that the Devil once held a sale of all the tools of his trade. Everything was displayed -- his keen-edged daggers of jealousy, his sledge-hammer of anger, his bow of greed, his arrows of lust and covetousness, his weapons of vanity and fear and envy and pride. And under each was its price.

But in the place of honor, framed and set apart from all the rest was a small wedge, dented and marked with use. The name of this wedge was "Discouragement", and the price set upon it was higher than all the other tools combined.

Asked the reason for this amazing difference, the Devil explained -- "It is because this is the one tool I can use when all others fail. Let me get that little wedge into a man's consciousness, and it opens the way for everything else. That wedge has opened more doors to me than all my other weapons combined."

Few things will slow down your rate of activity as much as Discouragement. Few offer greater resistance to the good that is trying to manifest through you.

You remember Ohm's Law in electricity. C=E÷R. C is the amount of electrical energy to be delivered at the point of use. E is the amount available from the power house. R represents the resistance offered by all the things through which the current must flow.

If there were no resistance, the full amount of current generated by E would be delivered. But there is always some resistance. Even the best conductor offers a litle, and you can't deliver current without a conductor. So the amount actually delivered depends upon the power available, divided by the resistance.

All the energy of the universe is around you. You can have anything of good you desire. But it must first go through you -- and you won't let it. You put up more resistance to good than all the non-conductors that ever interfered with an electrical circuit. You can't believe that good is so easily available. You feel that it can come to you only after hard struggle, and disappointments and pain. You insist upon putting these non-conductors in its path. You add worries and fears and hates and envies, so that by the time the good reaches you, its current is so weak that there is little left.

Like attracts like. Hate brings hate, and all the ills that follow in its wake. Envy and fear and worry attract discord and disease. If you want health, happiness, in your life, if you are seeking riches and success, attune your thoughts to these. BLESS the circumstances that surround you. Bless and praise those who come in contact with you. Bless even the difficulties you meet, for by blessing them, you can change them from discordant conditions to favorable ones, you can speed up their rate of activity to where they will bring you good instead of evil.

It is only lack of RESPONSIVENESS to good that produces the lacks in your life. Good works on the plane of EXPANSION. Good revolves at a high rate of activity. You can key your activity to that same rate by an expectant, confident state of mind. You can bring all your surroundings and circumstances up to that same level by BLESSING them, PRAISING the good in them.

Remember, the basic magnet lies in your own thoughts. Upon the quality and activity of that magnet depend the good or evil that will be drawn to you. You are the Master of your fate. You are the architect who determines the materials that are to be used in making your life and your circumstances. You have the power of SELECTIVITY.

Knowing that, can you afford to select any but the best for the circumstances and the surroundings that YOU must live in?

What we all want is to externalize health instead of sickness, abundance instead of limitation, joy instead of inharmony. That being so, why not use our power of selection to attract these to us instead of their opposites?

If your need is for health, take your thought completely away from contemplation of symptoms and conditions. Think of your body as HAVING the vigor and strength and vitality that it should. Hold to that thought in spite of every appearance, and you will presently find your rate of movement attuned to the point where it is drawing to you only health and vigor, throwing off everything unlike these.

In the Gospel of St. Mark, you will find it written -- "Nothing outside a man can defile him by entering him." And Emerson expressed the same thought when he wrote -- "Nothing outside me has any power over me."

The truth of these statements lies in our power of selection. Just as the very lowest forms of mineral life have the power to repel any other kind of cell that attempts

to join their group, because of the difference in their rate of motion, so you -- the highest form of life -- have the power to throw off any condition or circumstance that tries to attach itself to you.

For you have far greater power than the minerals. You have the power not merely to throw off those things that differ in their rate of motion from yours, but you can go farther -- you can change your own rate of motion! You can speed it up or slow it down at will. And all without outside aid -- through the medium of your thoughts.

You have seen marching men, so tired they could hardly lift their feet off the ground, change their weary shuffle to a vigorous, swinging stride -- when the band struck up a popular martial tune. You have seen hunters, dog-tired after a day of fruitless tramping, take on new energy instantly when the game suddenly sprang up before them. You have seen parents, ready to drop from exhaustion, forget all their tiredness when some loved child dropped in on them unexpectedly.

But you don't need outside aid to speed up your rate of motion and throw off all the Old Men of the Sea that have fastened themselves upon your shoulders. You can supply that speed-up yourself. And the quick way, the sure way, is through confident affirmations.

When you find yourself saying -- "I am tired," or "I am sick," deny it at once. Say, instead -- "No! I AM is the name given to the God in me. I AM strong, active, refreshed. I AM energy, I AM strength, I AM power. I AM one with God. His strong, free, pure life is now active in and through every cell in my body. I AM one with all the good in the universe."

When you unify the rate of motion of your body with all that is good in the universe, you attract that good to you -- health, happiness, riches, love. But be sure to leave no obstructions between you and that good. Put no circuit-breakers of hatred or resentment, no insulation of jealousy or envy, in its path. Say frequently -- "Dear Father, now I AM one with all the good in the universe. I freely forgive any who have ever seemed to harm me, and I ask forgiveness of all I may have seemed to harm."

Love attracts. Fear repels. Love draws the good to you. Fear acts as insulation that keeps all the good away from you.

When you are sick, what has happened? Certain organs or parts of the body have slowed down in their rate of movement. Result? Inharmony. The different parts of the

body are discordant, fighting against each other, moving at different rates of speed.

What is the remedy? First, to relax. Just as a thoroughly relaxed man cannot be angry, so a body thoroughly relaxed in all its parts cannot fight against itself. So relax. Relieve the tension. Stop worrying and put everything lovingly in the hands of the Father.

Then start to speed up the ailing parts by blessing them, praising them, thanking God for them. Of an aching ear, for instance, you might say -- "Blessed is my ear, for it is strong and clear and I hear well." Then put it lovingly and unworriedly in the hands of the Father to bring into tune with the rest of the body.

If told that you are assailed by certain germs, just remember that there is only one power, and that is God -- Good. There cannot be two powers, two rates of motion, in you. The stronger must throw off the weaker. So put all the power of your thought, of your beliefs, into Good. Be like the gardener who, when asked what he did about weeds, said -- "Weeds? I never give them a thought. I just concentrate on the flowers."

Claim the good. You believe, I am sure, that if Christ were here today, He could heal you of any ailment. Well, He is here in the spirit just as much as He was in the body 1900 years ago. And your belief in Him can speed up your rate of motion and heal you of any infirmity today just as surely as it could then.

Tell yourself and know -- "I AM together with God." Then LET God do the work. Relax utterly and put your body entirely in His hands. Let its rate of movement be at one with His. When you can do that, you don't need to worry about disease or any other discordant condition. They will be thrown off of themselves. They simply can't remain in any body that is at one with the rate of motion of God -- Good.

And by the same token, you will attract to yourself every element of good, for all of good is attuned to the one rate of motion. It is like a radio where all the good programs are on one wave length. You tune in on that wave length, and you get everything of good. You dial the others, and you get all manner of evil. With such a choice as that, wouldn't you choose always to be tuned in on the Good?

"Through me now flows the life stream,
Free, its cleansing waves roll,
I enter the current
And I am made whole."

Lesson XII -- THE SECRET OF POWER

By Robert Collier

In one of his fascinating stories of the Indian Mutiny, Louis Tracy tells of a native officer named Mohammed Khan who was invulnerable in battle.

"He is a lion among brave men," the natives would say, "but steel or lead cannot touch him. He hath a jadu (a fetich or amulet)." And in 40 years' service, that jadu never failed him. In a dozen pitched battles and scores of hill fights, he never received a wound, though comrades fell all about him. Yet nothing would persuade him to give the secret of his invulnerability.

It seems that at the outbreak of the Mutiny, Mohammed Khan was a lad of nineteen in one of the native cavalry regiments of which his father was Rissaldar-Major. Though most of the regiment joined the mutineers, he and his father swore to be true to their salt, and with a couple of troops of horse they were stationed in a mud fort near Delhi to serve as a refuge for the whites who escaped the massacre, and to help in every way they could.

In a little town some miles away, the natives murdered the English Resident, but because of the hate of one of their number, they decided on a special refinement of cruelty in the killing of his wife and sister and the three little children.

They told them first they were not making war on women, and that they would escort them through the jungle to within a couple of miles of the fort, and leave them to make their way to their friends in safety. But they instructed the soldiers who were to form their escort that, after letting the women get a hundred yards start across the plain towards the fort, that just when safety was in sight and their fears gone, they were to shoot them down!

The soldiers carried through the program as directed. They conducted the women and children to the edge of the jungle. They bade them good-bye and saw them start joyfully towards the fort. Then they opened fire! Missing the first volley, they ran forward to do their murderous work with knives and clubbed muskets, when from the woods behind them came in rapid succession two shots, and the rearmost of the soldiers fell dead. Before the others could recover from their surprise, a native cavalryman was upon them, cutting and thrusting with his saber, and before five minutes had passed, every man of that treacherous escort was dead.

That young cavalryman was Mohammed Khan. He had been out on patrol the previous evening and lost his way. As he

did not know the country well, he had tied his horse to a tree and slept until morning. Just as he was saddling at dawn to ride back to the fort, he heard the soldiers approaching, and cautiously waited to see who they were and what they were going to do. When they opened fire, he first emptied his carbine and pistol, then mounted and charged them with his saber.

When the fight was over, the women and children ran to him and fell on their knees and thanked him. When he protested, they made him kneel with them, and they prayed to God for him, weeping as they prayed, and making each child repeat the words after them. They prayed the King of Kings to safeguard him from all risks, to make him happy and prosperous, and to grant him a peaceful and honorable old age.

Never did that scene efface itself from Mohammed Khan's memory -- the tearful, hysterical women, the awe-struck children, the bodies lying about where they had fallen. And never did the sense of protection that seemed to enfold him then, leave him.

And as they prayed, so was it with him. Well might he have said with the Psalmist of old:

> "He that dwelleth in the secret place of the most High shall abide under the shadow of the Almighty.
>
> "He shall cover thee with his feathers, and under his wings shalt thou trust; his truth shall be thy shield and buckler.
>
> "Thou shalt not be afraid for the terror by night; nor for the arrow that flieth by day; nor for the pestilence that walketh in darkness; nor for the destruction that wasteth at noonday.
>
> "A thousand shall fall at thy side, and ten thousand at thy right hand; but it shall not come nigh thee.
>
> "There shall no evil befall thee, neither shall any plague come nigh thy dwelling.
>
> "For he shall give his angels charge over thee; to keep thee in all thy ways."

Yet he never told the story. No one in the regiment, even among his brothers, knew it. Why? Because to give the secret of his jadu would have dispelled its power! By keeping it stored safely in his own mind, it grew in strength until nothing could do him harm!

You have seen a kettle of water boiling away, the steam pouring out of the spout, scarce enough left to rattle the lid. Yet if you stop up the spout for a few minutes, what

happens? The steam quickly attains such a pressure that it blows the lid off entirely!

Professor Sigmund Freud has shown how ideas work in much the same way, attaining a pressure that blows the top off things when they have no outlet for expression. He shows that fears, long held, are responsible for many nervous diseases; that sex repressions cause many others; and by the mere searching out in the patient's mind the reason for his fear or repression, and getting him to talk about it, he has released the pressure and saved many a person from nervous breakdown or even insanity.

That is the basis of all psychoanalysis -- to locate the hidden reasons for the patient's fears or repressions, reasons that sometimes date so far back that the patient himself has forgotten them -- and release the pressure by getting him to talk of them. That is why, so often, the mere telling of one's troubles to a doctor relieves them.

Talk is a safety valve. The water boils in the kettle of our mind, and the steam escapes through the spout of our mouth. When the boiling water contains noxious vapors like fears and repressions and thoughts of disease, the mouth is truly a safety valve. We let them out and when presently they have all boiled off, we can forget them.

Of course, that may be hard on those we tell them to, for we are putting similar noxious vapors into the minds of others. So when you want to get rid of such, it is well to do it to some practitioner of the mental sciences, who can dispel them from himself as well as from you.

The trouble with most people is that they do not stop when they have released all their noxious vapors. They let the steam escape in the same way -- through the spout of their mouths. They have a constructive idea. And every idea, good or bad, tends to express itself in physical activity. But before this one can gather sufficient force to amount to anything, they dissipate all its steam by telling it to the first one who will listen to it!

You have an idea for a new and better way of doing your work, let us say. Instead of letting it simmer for a while, gathering force and power and seeking out channels that will make its accomplishment easy, you go off at half cock, as it were. You tell your plan to some of your fellow workers, and they pick holes in it and discourage you. Or you go to the boss with it before it is complete, and he can't see it. And when you are all through, you feel like a pricked balloon.

Take a lesson from the experience of Samson. As we have often said before, we believe the Bible to be the greatest work of practical psychology ever written. Whether or not

Samson actually slew a thousand Philistines with the jaw-bone of an ass and pulled a lion apart with his bare hands, from a psychological point of view the account is sound. Just listen:

> "And the angel of the Lord appeared unto the woman, and said unto her ...
> Thou shalt conceive, and bear a son; and no razor shall come on his head; for the child shall be a Nazarite unto God from the womb; and he shall begin to deliver Israel out of the hand of the Philistines.
>
> ....."Then went Samson down to Timnath; and behold, a young lion roared against him. And the Spirit of the Lord came mightily upon him, and he rent him as he would have rent a kid, and he had nothing in his hand; but he told not his father or his mother what he had done.
>
> "And it came to pass afterward, that he loved a woman in the valley of Sorek, whose name was Delilah.
>
> "And the lords of the Philistines came up unto her, and said unto her, 'Entice him, and see wherein his great strength lieth, and by what means we may prevail against him, that we may bind him to afflict him; and we will give thee every one of us eleven hundred pieces of silver.'
>
> "And Delilah said to Samson, 'Tell me, I pray thee, wherein thy great strength lieth, and wherewith thou mightest be bound to afflict thee.'
>
> "And Samson said unto her, 'If they bind me with seven green withs that were never dried, then shall I be weak, and be as another man.'
>
> "Then the lords of the Philistines brought up to her seven green withs which had not been dried, and she bound him with them.
>
> "Now there were men lying in wait, abiding with her in the chamber. And she said unto him, 'The Philistines be upon thee, Samson.' And he brake the withs, as a thread of tow is broken when it toucheth the fire. So his strength was not known.
>
> "And Delilah said unto Samson, 'Behold, thou has mocked me, and told me lies; now tell me, I pray thee, wherewith thou mightest be bound.'
>
> "And he said unto her, 'If they bind me fast with new ropes that were never occupied, then shall I be weak, and be as another man.'
>
> "Delilah therefore took new ropes, and bound him therewith, and said unto him, 'The Philistines be upon thee, Samson.' And there were liers in wait

abiding in the chamber. And he brake them from off his arms like a thread.

"And Delilah said unto Samson, 'Hitherto thou hast mocked me, and told me lies: tell me wherewith thou mightest be bound.' And he said unto her, 'If thou weavest the seven locks of my head with the web.'

"And she fastened it with the pin, and said unto him, 'The Philistines be upon thee, Samson.' And he awakened out of his sleep, and went away with the pin of the beam, and with the web.

"And she said unto him, 'How canst thou say, I love thee, when thine heart is not with me? Thou hast mocked me these three times, and hast not told me wherein thy great strength lieth.'

"And it came to pass, when she pressed him daily with her words and urged him, so that his soul was vexed unto death:

"That he told her all his heart, and said unto her, 'There hath not come a razor upon mine head; for I have been a Nazarite unto God from my mother's womb: if I be shaven, then my strength will go from me, and I shall become weak, and be like any other man.'"

It was not the loss of his hair that made Samson weak. It was the loss of his secret. That secret had been with him from birth. None had spoken of it to him but his mother and father, and he had never before mentioned it to a soul. It filled him like steam in a boiler. It gave him unlimited power to work havoc among his enemies. But when he opened the spout and loosed off all the pressure, he was no better or stronger than any other man and the Philistines took him and put out his eyes and threw him into prison. In the solitude of that prison, the strength came back to him. With no one to talk to, no way to release the pressure, the steam again accumulated, and when the Philistines would have made sport of him, he brought down their temple upon their heads!

And in solitary thought, strength will come to you, too. Don't tell your plans, your ideas. Let them simmer, and grow perfect, and accumulate strength until they force you to achieve your goal. Let them work up the pressure that blows off the lid and makes openings for you. Let them grow until they are like a mighty river which first sweeps over the dam, then carries dam and all before it!

Looking Backward

Life is filled with opportunities, and there is always room at the top in some line of endeavor for you, no matter how crowded the bottom may be. The God in You has a special

genius for something and he is merely waiting to be directed into the right channels of service. Your job is to discover and develop that particular bent.

But do not meantime complain about your present work or position. Whatever it is, depend upon it, it is the right place for you until you have learned its lesson. Success is not some sudden achievement. Success is like any other great structure -- it must be built up brick by brick, and all manner of skills and materials enter into its making. What you are doing now is just as necessary to it as the higher-paid work you will probably be doing a year from now.

Old wealth is always dying rapidly. In a recent letter, one of the big Economic Forecasting Services stated that 83% of those who have money when they are 35 years old, lose it by the time they are 60. Even the great fortune of the first Baron Rothschild, wizard of finance, had shrunk by 85% within the ten years after his death. Old wealth is continually dying, but God is always creating all things new, so use the prayer suggested by Brown Landone in a recent issue of Nautilus:

> "O God, who maketh all things new, I will get in line with thee, I am this hour healed of my blindness of forever looking at all old things; I am healed of my dumbness of holding on to the old and letting new things pass by me. As all things are being made new, so I am made new. I arise, I come up out of my cellars of want. I walk forth into the fields of new wealth and live in the midst of their abundance."

The Chinese have a saying that -- "The path of duty is near, yet men seek it afar off. Go home and seek it, and you will not lack teachers." Every job is an open door to a better one, but you can open that door only by doing your job better than anyone else has ever done it before -- doing it as to the Lord, in a spirit of loving service.

There is a task for today which can be done NOW better than at any other time. Each minute, each day, has its share in the making of all your tomorrows. Your future will be richer or poorer to the extent that you do that work now, or leave it undone.

> "Just where I am I must be brave;
> This is my test, the test God gave.
> Although I long for higher tasks,
> Right here I must do what life asks."
> -- Evelyn Gage Browne

So many of us keep looking back to our lost opportunities, lost fortunes, and think -- "If only I had that chance again, what wonders I could do." Whatever the experience was,

good or bad, it taught its lesson. Remember the lesson, and forget the rest. We go, you know, in the direction in which we are headed. "Look not behind thee," the Lord bade Lot in the olden days. And you remember what happened to Lot's wife when she failed to heed that command. Many a man today has met the same fate and become no better than a pillar of salt (or, in today's parlance, a "Dead one"), by hugging to himself his losses, bemoaning his altered position, instead of using the experience acquired from these to gain greater position, increased riches.

"All have a share in the beauty;
All have a part in the plan;
What does it matter what duty falls
To the lot of man?
Someone has blended the plaster,
And someone has carried the stone.
Neither the man nor the Master
Ever has builded alone;
Making a roof for the weather,
Building a house for the King;
Only by working together
Men have acomplished a thing."

In the paper some time ago appeared an account of the finding of the tomb of King Zoser, famous Pharaoh of the Third Dynasty, who lived about 4,000 B. C. King Zoser was the builder of the great step pyramid near Sakkara.

The Egyptians of Zoser's day were far more civilized than any of the nations around them. The Greeks, for instance, were still wandering tribes of freebooters and pirates. Rome was not even thought of.

But away off in Asia was a country as far ahead of Egypt, as Egypt was of its savage neighbors.

That country was China.

4,000 years before Christ, China was already a highly civilized country. People lived in houses, rode in carriages, dressed in rich silks, wore leather shoes, ate food from plates, measured time by sundials, even carried umbrellas!

In those days China was the seat of learning, of civilization, of progress. And do you know why?

Because China alone among all the earlier nations had developed a religion without fear and without priests, while other countries were still struggling along in deadly fear of fetich or taboo. When other nations were in the thrall of

high priest or medicine man, China left every one to worship in his own way. Every man was free to progress. There were no taboos, no fetiches. There was nothing to hold man back.

So for thousands of years China went steadily forward, the vanguard of the nations. But then suddenly all progress stopped. For 2,500 years China has stood still while the world has passed her by. Today she stands -- a tragic figure -- one of the most backward of nations, prey of aggressors.

WHY? BECAUSE SHE LOOKED BACK!

That fearless, forward-looking religion of hers was turned backward -- was ritualized! Instead of a religion of freedom of worship, it became one of forms and ceremonies. Instead of merely honoring one's ancestors, ancestor worship became the religion.

2,500 years ago there was born in China a man who so loved the ancient customs that he turned them into a state religion. His name was Kung-Fu-Tze, or, as we call it, Confucius.

Confucius spent all his early life collecting and editing the writings of his people. It was not until he was 51 years old that he was made Magistrate of the State of Chung-Tu. Within a year he had rid the city of crime -- not by rigorous penalties, not by a strong police force, but by an elaborate system of etiquette. Three hundred points of behavior, and three thousand points of etiquette -- instead of the means, these became the end of existence.

Every action, under whatever circumstance, was worked out in its entirety, and rules laid down governing it. No initiative, no individual thinking was either wanted or tolerated. Men were divided into classes, and became merely animated dummies, to be worked in unison by the authorities above them who pulled the string.

No longer was the common man encouraged to better his condition. On the contrary, he was told by China's greatest religious teacher that there was no grosser guilt than to be discontented with his lot. There were but three jewels of character, and the choicest of the three was inactivity. Next to this was humility, and third, frugality.

No longer was the ambitious youth permitted to experiment, to progress. He was assured by China's most orthodox teacher that all change was injurious -- that salvation could be attained only by adhering strictly to the religious and social order that was already established. Whatever had been was good. Whatever one's ancestors had done was to be revered. Whatever was new, untried, experimental, was bad.

Imagine the effect of such teachings, inculcated into the young of a nation for more than 2,500 years! A wonderful thing for those already rich, already in authority, but how about the poor workers? How about the millions of hopeless plodders? Is it any wonder China is backward?

From the beginning of time, the one unpardonable sin in Nature has been to stand still. When a nation or an institution or an individual becomes too complacent, when it feels that it has made all the progress that can be made, it is time to look for the undertaker. Its end is not far off. When a family takes more pride in its ancestors than in what it is doing today, you can write "Finis" across its history.

Lot's wife was not the first nor the last of mankind to be lost by looking backward. There is only one road for each of us. That is the road ahead. There is only one way to look. That is in front of you.

Forget what is past, except in so far as you can profit by the experience of past mistakes. Live in the present. Remember -- "Each night I burn the records of the day. Tomorrow every soul is born again!"

Did you ever read Emerson's advice in his letter to his daughter? "Finish every day and be done with it. You have done what you could today; some blunders and absurdities no doubt crept in; but forget them as soon as you can. Tomorrow is a new day; you shall begin it well and serenely and with too high a spirit to be cumbered with your old nonsense. This day is for all that is good and fair. It is too dear to waste a moment on the forgotten yesterdays."

LIFE IS CHANGE -- PROGRESS

No single thing abides, but all things flow.
    Fragment to fragment clings; the things thus grow
Until we know and name them. By degrees
    They melt, and are no more the things we know.

Nothing abides. Thy seas in delicate haze
    Go off; those mooned sands forsake their place;
And where they are shall other seas in turn
    Mow with their scythes of whiteness other bays.

-- Lucretius.

Lesson XIII -- P-R-A-I-S-E

By Robert Collier

Did you ever notice that if you leave off the "P" from the word Praise, what you have left is "Raise"?

That is no mere accident, for wise men have realized for thousands of years that to praise is to raise the spirits and increase the power of the one praised. In the same way, praise of God and thankfulness for His gifts raises the spirits of the one who sings those praises to the heights of rare accomplishment.

Just as praise and thanksgiving freed Paul and Silas from the chains of the dungeon, so can they free you from worry and fear and the dungeons of dark despair. "I will sing unto Jehovah," sang the Psalmist of old, "because He hath dealt bountifully with me." And if we would have Him deal bountifully with us, it behooves us to praise and be thankful for the good we now have, no matter how small that good may seem to be.

"The righteous doth sing and rejoice," we are told in the Scriptures. And the Hebrew word used for "sing" means "to sing out loud, even to shout for joy." To sing with joy is one of the long-neglected truths of POWER. "The Sons of God shouted for joy."

The Kingdom of Heaven is the Kingdom of Expansion, and the way to expand what we have is through praise and joy and thanksgiving. Seldom indeed in the Bible do you find that God provides supply out of thin air. Almost always He requires the recipients of his bounty to start with what they have. The widow with the oil and meal, that other widow with a little oil, the feeding of the multitudes with the loaves and fishes, and scores of other cases, all started with the supply in hand. God expanded what they had. And God will expand what you have, if you rightly use the power of praise and thanksgiving.

But mere expansion is not enough. You might expand all the water in the world into steam, and get no good from it -- if you had no engine in which to use the steam. You must have a purpose in mind if you are to get the utmost of good from your expansion. You must set a goal. You must plan the form in which that expanded energy is to make itself manifest. It can be in your body, in your circumstances, in your surroundings -- in anything of good you may desire.

Some years ago the Journal of Education had a story that expressed this idea clearly. "There was once a prince," it read, "who had a crooked back. He could never stand straight up like even the lowest of his subjects. Because

he was a very proud prince, his crooked back caused him a great deal of mental suffering.

"One day he called before him the most skilful sculptor in his kingdom and said to him: 'Make me a noble statue of myself, true to my likeness in every detail, with this exception -- make this statue with a straight back. I wish to see myself as I might have been.'

"For long months the sculptor worked, hewing the marble carefully into the likeness of the prince, and at last the work was done, and the sculptor went before the prince and said: 'The statue is finished; where shall I set it up?' One of the courtiers called out: 'Set it before the castle gate where all can see it,' but the prince smiled sadly and shook his head. 'Rather' said he, 'place it in a secret nook in the palace garden where only I shall see it.'

"The statue was placed as the prince ordered, and promptly forgotten by the world, but every morning and every noon and every evening, the prince stole quietly away to where it stood and looked long upon it, noting the straight back and the uplifted head and the noble brow. And each time he gazed, something seemed to go out of the statue and into him, tingling in his blood and throbbing in his heart.

"The days passed into months and the months into years; then strange rumors began to spread throughout the land. Said one: 'The prince's back is no longer crooked or my eyes deceive me.' Said another: 'Our prince has the high look of a mighty man.' And these rumors came to the prince, and he listened with a queer smile.

"Then went he out into the garden to where the statue stood and behold, it was just as the people said, his back had become straight as the statue's, his head had the same noble bearing; he was, in fact, the noble man his statue proclaimed him to be."

2500 years ago, in the Golden Age of Athens, when its culture led the world, Grecian mothers surrounded themselves with beautiful statues that they might bring forth perfect children and that the children in turn might develop into perfect men and women.

Eleven months from now, YOU will have an entirely new body, inside and out. Not a single cell, not a single bit of tissue that is now in you will be there then. What changes do you want made in that new body? What improvements?

Then start right now getting that new model clearly in mind. Buy yourself a scrap book. Cut from the magazines a picture of the finest figure of a man or woman that you can find, and paste it on page one. Cut out other pictures, that show clearly different parts of your body that need develop-

ing or perfecting, and paste them on other pages. Then cut pictures of people doing the sort of things you would love to do -- dancing, swimming, riding horseback, rowing, fishing, playing golf or tennis, anything you like -- and paste them on different pages of your scrap book.

At the top and bottom of each page, or alongside the pictures, put such reminders and affirmations as these:

"Father God, I thank Thee for my glorious strength, my abiding health, my tireless energy."

"Vitalize Thy perfect image in me in perfect form."

"I am strong in the Lord and the power of His might."

"God made me in His own image. He is my strength and power. He maketh my way perfect. The joy of the Lord is my strength."

"Know ye not that ye are the temple of God and that the Spirit of God dwelleth in you?"

"Divine Love protects and sustains me. I am the open channel through which the healing currents of life are now flowing. God is my life. God is my health. In God is my trust."

Under picture showing someone with a splendid chest, taking breathing exercises, put --

"The Spirit of the Lord hath made me, and the breath of the Almighty giveth me life."

Under one bathing --

"Wash me and I shall be whiter than snow."

Under a picture of the eyes --

"Open thou mine eyes, that in Thy light I may see the light."

Or, if your eyes are weak or troublesome, put --

"Jehovah openeth the eyes of the blind. Blessed are the pure in heart, for they shall see God. I see God in my eyes, in their perfect life and strength and wholeness. If thou can'st believe, all things are possible to him that believeth. According to thy faith be it done unto you."

Under picture at a well-filled table --

"Thou shalt eat thy bread with joy."

Under sleep --

"They that rest in the Lord shall renew their strength like the eagle. They shall walk and not faint, they shall run and not be weary. Thy Spirit strengthens

both my soul and my body, and I rest in the peace of wholeness and health."

Under vigorous, happy, healthy older people --

"As my days, so shall my strength be. Behold, all things are becoming new. Thou shalt make me full of joy in Thy presence. Passing years have no effect upon my spiritual body. I am alive in Jesus Christ forever. I am a tower of strength and stability in the realization that God is my health. God's life is constant, unbroken, eternal. I am quickened in His consciousness of life. His constant power and strength sustain me and I am healed. I AM a perfect idea of God and all of life is with me now and always."

A long time ago, Epictetus said: "God has delivered YOU to YOUR care, and this is what He says to you -- 'I have no fitter to trust than YOU. Preserve this body for me just as it is by nature; modest, beautiful, faithful, noble, tranquil.'"

You will find many affirmations to paste in your scrap book. Use any and all that seem helpful. But that saying of Epictetus is a good one to paste on the last page -- a good one to bear always in mind. "God has delivered you to your care." And God gave you dominion. So think of yourself as well and strong. Think of your body as spiritual substance that is not subject to the ills of the flesh. Think of it as constantly changing, continually GROWING into the perfect image that you are holding before it.

The Kingdom of Heaven is the Kingdom of Expansion. If you have but a single perfect cell in your whole body, you can expand that cell into a perfect body, provided only that you hold before it the image of health and strength -- not of sickness; provided only that you BELIEVE! "God made man but little lower than the Angels."

"Give Us This Day Our Daily Bread"

For your Prosperity and Abundant Supply Scrap Book, you cannot do better than start with that line from the Lord's prayer -- "Give us this day our daily bread."

Get a picture of a horn of plenty -- a cornucopeia -- with all manner of good things pouring out of it, and paste it on the first page of your Scrap Book. Line the page with pictures of sparrows and lilies of the field, to remind you of Jesus' promise, and then put at the bottom of the page something like this:

"O God, beginning now I shall forever LET Thy Spirit Infinite become the sole dictator of my soul; and I shall never more take anxious thought of anything, but grow as the lilies grow, in peace

and power, so that I shall have all I need, forever more."

The next page, I'd head with the line -- "I can have what I want -- if I plant it." Under it, paste pictures of farmers or gardeners planting seed, only take a pen or pencil and change those seeds into $$$. Under these pictures, put -- "The riches of the Spirit now fill my mind and affairs. I think prosperity, I talk prosperity and I know that prosperity and success are mine."

On other pages, show pictures of growing grain or other plants, with $$$ at the top instead of the usual grain or fruit. Use such affirmations as -- "God is my inexhaustible and omnipotent source of abundant supply." "I accept the will of God, which is abundant prosperity for me." "If I continue to desire you, I shall have you, because I trust in God for all things I desire."

Then on succeeding pages, show pictures of great piles of money -- bags of money, piles of paper money and currency all around the pages, and pictures of yourself pasted in the center, surrounded by riches. If you can find pictures of men digging up treasure hoards, put them in. Put in all kinds of pictures that imply riches and prosperity. Put in pictures of the sort of surroundings you will have, when you have manifested the riches you desire. Get pictures of a beautiful home -- the home of your dreams. Show if possible, each room as you would have it furnished. Show the outside, with a wide driveway, bordered by a beautiful lawn, shrubbery around the house, trees in the background, the kind of car you would like to own drawn up before the house. Show even the wardrobes of fine clothes you would have, show horses or bicycles or whatnot for the children, show the flowers in your garden.

"When I got the Lessons of THE GOD IN YOU," wrote Mrs. Caroline Kroll of Indianapolis, in December, 1939, "I had only $12.00 a month. That was July 27th, 1937. Now I have a nice home and everything is paid for. I am so happy." Mrs. Kroll had written us in the Fall of '37 expressing her great desire for a home, and we suggested to her this Treasure Mapping method. She says in her last letter -- "I never faltered in my home making, and tonight I am sitting in a good home of my own and never was any happier in my youth."

Remember, the first step in supplying a need is to know that it IS already supplied in the Mind of God. God has already given you all of good. It is yours for the taking, and the most perfect prayer is the deep realization that your need is already supplied. You don't have to waste energy wondering about the supply. All you have to do is to focus your energy upon being one with it.

Your desires are like acorns -- visions of the mighty oaks they can grow to be. What you desire is and always has been yours. What man can conceive, man can achieve. It is the eye that makes the horizon. No man ever bettered his position by limiting himself in his own mind to the one he had. No man ever made a success of his business by thinking failure. Every success is achieved first in your own thoughts. You must work first on yourself, because all trouble, limitation and the like are states of consciousness. Change your thought and you change all. You get the conditions that belong to your consciousness. As Emerson put it -- "No man was ever ridden down or talked down by anything but himself."

Look within yourself for the source of all power. I AM the great power of God expressing as ME. I AM the great abundance for all my needs and a surplus to spare. That to which I give my attention reveals itself. So give your attention to the things you want! Fill your Scrap Book with pictures of them. Put over and under and around them such affirmations as these:

> "God is able to do exceeding abundantly above all that we ask or think, according to the Power that worketh in us. I rejoice in the bounty of God, constantly manifesting to meet my every need."
>
> "If ye abide in Me and my words abide in you, ye shall ask what ye will and it shall be done unto you. For herein is the Father glorified, that ye bear much fruit." "Your Father knoweth what things ye have need of before you ask Him. Fear not, for it is the Father's good pleasure to give you the Kingdom. All that the Father hath is yours, and you are in all ways prospered."
>
> "I will give thee hidden riches of secret places, that thou mayest know that I am the God of Israel." "If thou return to the Almighty, then shalt thou lay up gold as dust, and the gold of Ophir as the stones of the brooks." "I will sing unto Jehovah, because He hath dealt bountifully with me."

Remember that -- "According to thy faith be it done unto you." So believe that you RECEIVE! If your beliefs are all for the future, you will get them in the distant future but never NOW. You will never quite catch up with them. "Now is the accepted time. Now is the day of salvation." Realize that all these good things are NOW coming into manifestation in your life. Bless and thank God for them NOW.

> "Instead of pleading, 'God bless me,'
> And making such a weary fuss,
> How much better off we'd be

If we would smile awhile and say,
'I thank you, God, for blessing us today.'

"Instead of begging, 'God give me
And mine the things which our hearts crave,'
How much happier we'd be
If we would laugh with life, and say,
'We thank you, God, for what we have today.'"

"But what shall we do about pressing debts?" many will ask. First, make a list of all of them. Then, thank God for having sent such trustful people to your aid, thank Him for the confidence they have shown in you. Next, see yourself in your mind's eye going the rounds of all your creditors, paying them in full. See their thankful, smiling faces. Hear yourself expressing to them your appreciation of their courtesy and forbearance, hear them telling you that they were glad to be of help, will be glad to extend the same credit to you in the future. Get pictures of people paying money over to merchants, paste in your own features over those of the debtors, and under them put such affirmations as these:

"Divine Love prospers all of us together NOW. God is our supply, through each of us to all, and through all of us to each. I speak for all of us the word that multiplies money to all of us. And my word accomplishes that whereunto I send it. In God is my trust."

"When I worry, I am not trusting God. When I trust God, I have nothing to worry about."
"I put the payment of these debts lovingly in the hands of the Father with a child-like trust. That which is for my highest good will come to me."

Then do your part by using some of whatever money you receive to pay these just debts, and as you pay out the money, bless it in some such wise as this: "I bless thee ... and be thou a blessing! As I pay out this money, I bless it. May it enrich everyone who touches it. The value of this substance I hold in my hand is this day magnified, for I perceive that it is truly a symbol of my heavenly Father's inexhaustible riches. Go forth, increase, multiply and bring forth fruit an hundredfold!"

Here is a prayer suggested by R. A. D., in a recent issue of NAUTILUS, to be used in connection with your list of debts:

"Father, I thank Thee that thou hast opened the way for me to pay every bill on this list, sending the money for each one before it is due. I place this expense sheet absolutely and unconditionally in Thy hands, and from the depths of a rich consciousness, I thank and praise Thee that the money for each separ-

ate item already is provided, awaiting only my claim to bring it into evidence. The glory of Thy radiance shining before me, Infinite Father, has opened the way for my unfailing prosperity and for a success greater than I ever before have experienced. I put from me every thought of limitations or lack and go free to have an abundance of all good."

The right job is the most pressing problem for many people. And you can help yourself or others to that right work through "Treasure Mapping" in the same way that you can bring riches or health or any other good thing.

The first essential, of course, is to know what you want. What kind of work would you most like to do? What are you best fitted for? What is your ultimate ambition? Get a Scrap Book and paste in it first a picture of yourself. After deciding on the line of work you want to devote yourself to, take inventory of yourself and think in what position you are now fitted to start. Then get a picture from the magazines of someone working in that position, paste it in your Scrap Book, and if you have a snap-shot of yourself that you can substitute for the face in the picture, do so.

Decide then what is the next position you will be fitted for in the line of work you have adopted, and paste a picture of someone in that position on the next page of your Scrap Book. Fill succeeding pages with logical steps in your progress, right on up to the very top. When you feel that your work will entitle you to a private office, paste in a picture of someone representing yourself seated at a desk in a sumptuously furnished office, with his title lettered on the door or on the side of the desk, and then letter in your name over the title.

And remember, no one ever got a good job by limiting himself mentally to a poor one. Admit to yourself that you are good. Then let others find it out by the service you give. That is the key to any door you wish to unlock. Yourself PLUS is your fortune. Your affairs PLUS is success.

Paste over and under and around your pictures such affirmations as these: "God is with me in all that I do." "If God be for you, who can be against you?" "Know ye not that ye are Gods, sons of the Most High?" What should your situation be like? What is it like in the Divine Mind, in the Eternal Plan? "Your Father knoweth what things ye have need of before you ask Him. Fear not, for it is the Father's good pleasure to give you the Kingdom. All that the Father has is yours, and you are in all ways prospered." "If ye abide in Me and my words abide unto you, ye shall ask what ye will and it shall be done unto you. For herein is the Father glorified, that ye bear much fruit." "With good will, doing

service as to the Lord and not to man." "Whether therefore ye eat or drink, or whatever ye do, do all to the glory of God."

The same principles that help you to a better position will help you to make your business grow and prosper, when you have a business of your own. Many a man has started with practically nothing, and built a fortune, simply by taking God into partnership with him.

Start your Scrap Book with a picture of yourself and of your business as it is now. Then on each succeeding page, show it growing bigger and better. Picture the service you want to give your customers. Picture thousands of them taking advantage of that service. Picture yourself and your helpers serving ever greater numbers, picture your product in the hands of more and more users, picture its manufacture in great volume, its shipping, its sale, everything you can connected with it. And let every picture show progress, growth, expansion. See yourself serving the world.

Under those pictures, put inspiring affirmations. "I am a partner and co-worker with God." "It is the purpose of Universal Mind to see men prosper, that they may express more of life, love, happiness and understanding, thus reflecting more of God. Our product is the connecting link between this demand and God's supply. The need is expanding continually and we have the will and the intelligence to see and meet it. Therefore, there is a continually growing demand for our product, that increases as I realize the spiritual significance of my work and make better products for my customers. It is in my power to make my customers better qualified, through the equipment that I provide, for prosperity and success. I delight in that power. I increase that power by using it for the honor, glory and pleasure of my customers and myself."

"Father, this business has to be good, so you handle it for me. I put it and all my affairs lovingly in your hands, with a child-like faith. That which is for my highest good will come to me. One on God's side is a majority, and I am together with You, so all things are working together for my good and I am working with them in the wisdom and the power of the Spirit."

"God is in control. God is Spirit, good, omnipotent. Apart from Him, there is no overcoming power. God is life, love and peace. God's will now fulfilled in me is abundant work for our business."

"The Spirit that multiplied the loaves and fishes for Jesus increases my substance, and I manifest prosperity."

But remember to give "good measure" to all, customers and co-workers alike, for ("All who joy would win must share it -- Happiness was born a twin.")

Many who have no business to worry about have homes or pieces of property or whatnot that they wish to sell, and for the past ten years, selling anything of the kind has been a problem. Yet it is a problem that lends itself to the same methods outlined above, as you can judge from the following letter dated May 15th, 1940, from one of the subscribers to THE GOD IN YOU:

"When I received Robert Collier's Course THE GOD IN YOU, we were in debt and sometimes wondered what the next meal was to be, even though we owned our cottage and three lots. It seemed we couldn't get a buyer, nor could we even borrow on the property, even though it was clear, as it was in a run-down neighborhood.

"Since reading the Course, we have sold all St. Louis County property and purchased this 96-acre farm at Belle, paying cash for it and clearing ourselves of debt, as we sold most of the property for cash, a thing we could not have done without the help of THE GOD IN YOU. I believe we are about to see another manifestation of God's goodness as we have deposits under our ground which may indeed show God's goodness through riches to us."

The first essential is to BLESS the property you wish to sell. Know that it is a perfect image in the Divine Mind, made for the express purpose of manifesting good to someone, and declare that it is now sold to the right party at the right price.

Paste a picture of it in your Scrap Book. Think of every possibility for its development, and paste such pictures in your book, too. Show pictures of people looking at similar properties, of a sale being made, of the developments that will take place on it.

L. C. B. told in a recent issue of UNITY how she put her house "lovingly in the hands of the Father", then used this affirmation: "You, Christ, will find for us the perfect purchasers, who will love our home as we have loved it and recognize it for theirs and have sufficient cash to pay for it and have it NOW. Only through You are we fully aware of our omnipresent good." Within a short time, the article states, the house was sold for cash, and at their own price!

In Nautilus sometime ago, there was a similar story, the affirmation used in that case being the following: "God's loving Presence in all of us brings the right buyer NOW, who will pay the right price for the property and who will make money on the deal, while at the same time I will make money, God's money, in the selling. Divine Love now multiplies

God's money and His Good to both buyer and seller, so that all shall be satisfied. All things now work together for good to me and to the new buyer of this property. We are the open channels through which Divine Love is now flowing to this property and through it to all the world. All the barriers are now dissolved by Divine Love and my customer comes quickly and gloriously. God is our prosperity here and now. In God I trust and I know that all things work together to manifest the good we desire."

Whatever your problem, whatever your difficulty, you can get guidance if you will seek it. Give the facts to the God in You, ask Him for the solution, then leave the problem with Him and FORGET it in the serene confidence that He can and will find the answer. Never force the issue. Have faith in that God in You, and wait for a leading. "And thine ear shall hear a voice behind thee saying, this is the path; walk ye in it."

Our physical senses are able to discern only such objects as are on the same or a lower material plane than ourselves. Our ears, for instance, are attuned to but a few octaves of sound. Those of higher or lower wave lengths are inaudible to us. Yet the radio has taught us that all about us are sounds of music, of laughter, of drama and instruction.

The same is true with our eyes. We see only those things that are on the median light waves. The air may be full of television pictures, yet with our unaided eyes, we get none of them. Is it therefore so hard to believe that when the servant of the Prophet Elisha was fearful, because of the enemies all around, Elisha prayed and said -- "Lord, I pray thee, open his eyes, that he may see. And the Lord opened the eyes of the young man; and he saw: And behold, the mountain was full of horses and chariots of fire round about Elisha."

May not the air around you be just as full of God's angels? May not Elisha's advice be just as good today -- "Fear not, for they that be with us are more than they that be with them."

The Psalmist of old testified, you remember -- "I have been young, and now am old, yet have I not seen the righteous forsaken, nor his seed begging bread."

Paste in your Scrap Book some of those old Biblical pictures of Angels guiding the children of God, of Guardian Angels, and over and under them put such affirmations as these: "God goes before me and opens the way." "Infinite Wisdom tells me just what to do." "I thank you, God, that you

are here with us, and no matter what happens, we are all right." "Thou shalt not be afraid for the terror by night, nor for the arrow that flieth by day. He will cover thee with his pinions, and under his wings shalt thou take refuge."

Grace Crowell had a beautiful little poem along these lines in Unity Weekly:

"So often through God's Holy Book there shines
Some clear-cut word, some strong and simple phrase
That gleams like diamonds gathered from deep mines,
Set polished there to light our earthly days;
'And God was with the lad.' The words, how brief,
And yet what vital meaning in their sound,
As spoken of that ancient child of grief
Once left to die upon the hot, parched ground.

"'And God was with the lad.' One need not look
For further information; all is told.
No gifted hand on earth could pen a book
Of strange biography that would unfold
With clearer words, nor could it tell as well
The God-companioned life of Ishmael."

Such affirmations cannot help but bring you peace and serenity. In Esquire Magazine of December, 1937, there was an article telling about the fear-scent the body gives off, which is exceedingly irritating to any animal that senses it. "It is this fear-scent," said the article, "which causes dogs to attack people who have not molested them. A dog will respond quickly both in friendship and in training when he is approached without fear, but no one can fool him for a minute with a fearless exterior concealing a quaking heart, for the fear-scent is there.

"It is usually the fear that a canoe will tip over that causes the occupant to move suddenly in the wrong direction and thereby upset it. The fear of drowning, when suddenly thrown into the water, causes one to struggle frantically, and incidentally force himself under. It is an interesting scientific fact that a baby, until 24 hours old, can swim. Beyond that, it starts to realize fear and will sink. Fear is really the mental hazard of crossing your bridges before you come to them."

Is it not likely that the strong odor of our "fear-scent" registers on all we come in contact with, even though it be but subconsciously with human beings? Certain it is that when we approach people fearfully, we seem to repel them, for we seldom make a favorable impression, seldom get from them what we want.

The remedy? To BLESS the Divinity in all we come in contact with. You remember how often Jesus used the greeting -- "Peace!" "Peace I leave with you; my peace I give unto you." And to the wind and waves, He bade -- "Peace! Be still." And immediately the storm abated. "Acquaint now thyself with God and be at peace."

When trouble threatens in your home or your business, bless all concerned and mentally affirm -- "Peace! The love of God is at work here. All of my forces are peaceful and harmonious. There is no resistance in me against the Spirit of God's peaceful life. Every anxious thought is stilled. Thy mighty confidence and Thy peace enfold me. The Spirit of God fills my mind, and abundance is everywhere manifest." Then go up to the thing you fear, confidently, serenely. Or if it is something you must do, do it! Once you have lost the fear of it, you will find it easy.

Evil? There is really no such thing. It is merely the lack of Good. Summon the Good and the evil vanishes. The same is true of enemies. Summon love for them, salute the Divinity in them and bless them, and you will find hate turned to love. Say mentally to the Divinity in those who appear to be your enemies -- "I recognize you. You can't disguise yourself. You are a radiant child of God. God's creations are all excellent. I bless you in the name of Jesus Christ. Because you are a child of God, you speak the truth and you are ever honest, just and harmonious. My world is filled with splendid people, and I love them all."

Be noble, and the nobleness that lies in other men, sleeping but never dead, will rise in majesty to meet thine own. Trust men, and they will be true to you. Treat them greatly, and they will show themselves great.

Love overcometh, for all motion is cyclic. It circulates to the limits of its possibilities and then returns to its starting point. Thus any unselfish expenditure of energy returns to you laden with gifts. Any unselfish act done for another's benefit is giving part of yourself. It is an outward flow of power that completes its cycle and returns laden with energy.

The thoughts that we send forth always return with a harvest of their kind. That which we put into the thought comes back into our life. For our every thought there is a response, a return of the pendulum that we have started swinging. It is Emerson's Law of Compensation.

So you can see the wisdom in the dictum -- "Into whatsoever house ye enter, first say -- 'Peace be to this house!'"

But do more than bless those you come in contact with. Act the part. Think kindly of them as well.

"Believe not each accusing tongue,
As most weak people do;
But still believe that story wrong
Which ought not to be true."

It is as easy to add, you know, as it is to subtract. Love adds. Fear and hatred subtract. You can reinforce your efforts with all the universe through love, as easily as you can separate yourself from everyone through hatred and fear.

Remember, evil is usually in the eye of the beholder. There is an old poem that depicts this graphically:

"Mistress Polly Wittenhouse
Lived on Whetstone Alley,
And she was like an angel
To little orphan Sally,
And she was like a harlot
To the lass across the way,
A 'good 'un' to the slavey
Who made her bed each day.
And she was like a siren
With the devil in her eye
To any roving sailor man
As he was passing by.

"So Mistress Polly Wittenhouse
Was either good or bad,
According to the need or greed
Each of her judges had.
According as her living
Threw a shadow on their own
The sailors flung her kisses
And the lass she cast a stone.
And Sally and the slavey
They prayed for her each night,
And all of them that judged her
Knew that they judged her right."

A Scrap Book on Love is probably the most valuable one you can make. Put in it pictures of all your friends, all those you would have for friends. Paste in it pictures of the home of your dreams, of each separate room in it, of the furnishings, of everything about it.

Put in it every motto of peace and love and happiness you can find. Put in it pictures of children and toys and fireside scenes, dinners and parties and all the intimate

happy things you can think of. Love that house and everything about it. Live in it mentally. Believe in it, and before long you will find that you ARE in it in actuality.

"God lights the way, no more we grope
Nor stumble on in troubled hope.
We sow no seeds of care or strife,
But those of love and joy and life.
No more we strive to plan our lot,
The Father fills our cup, unsought."

Sow the seeds in your Scrap Book and in your life of love and joy and happiness, then leave it to the Father to provide the means of making these seeds grow and bear fruit. "I have planted, Apollos watered, but God gaveth the increase."

Remember, the I AM in you is your part of Divinity. Some sage put it -- "Whatever the Creator is, I AM." How often have you said -- "I AM poor, I AM sick, I AM ignorant, I AM weak" -- and thus fastened these evils upon yourself? You acknowledged a lack of something. What can you build with minus quantities? Only emptiness, void.

Reverse all that. Whenever you say "I AM", whenever you thus call upon the God in You, make it something you WANT. "I AM rich. I AM powerful. I AM well and whole and strong. I AM happy. I AM perfect in every way."

Make an I AM Scrap Book, with your picture on the first page, then pictures of supermen or genii or whatever your idea of power may be scattered throughout the pages of the book. Put in it pictures of all the things you would like to be and do. And fill it with such affirmations as these:

"The Spirit of Prosperity fills my mind and overflows into my affairs. God is my perfect will; through me it is done." "There is only one Presence and one Power in my life -- God, the Good Omnipotent. God is my inexhaustible source of abundant supply. The riches of the Spirit now fill my mind and affairs. I think prosperity. I talk prosperity, and I know that prosperity and success are mine."

"If we but touch the garment's hem,
Comes power surging through.
Try -- play the part -- stretch out your hand,
Then quiet -- wait what comes you."

God gave man power and dominion over all that is below him. "I said -- Ye are Gods, and all of you Sons of the Most High." "As many as received Him, to them gave He power

to become the Sons of God, even to them that believe on His name."

Will YOU receive Him? Will you believe in and accept the power He offers you? "God is able to do abundantly above all that we ask or think, according to the Power that worketh in us." Will you accept His Divine Sonship? Will you BE the God-man you were intended to be? Then cast off all fear of debt and lack and sickness and evil. Live in the world of love and plenty that was intended for you. Use the God-given power that is yours to first visualize the things you want -- "In the beginning was the Word", the mental image, you remember -- and then bring those mental images into actuality through your faith and your work.

Treasure Maps help to re-educate your mind, help you to visualize and hold in thought the images you wish to create. But visualizing and asking God's guidance is only half the battle. The other half is to make your start, to dig in and DO the first thing necessary towards bringing your desires into actuality.

The Kingdom of Heaven is the Kingdom of Expansion, but there must be something to expand. You can start a house with a single brick. You can start a fortune with a single dollar. But there must be that brick or that dollar or that first step to put your leaven into before you can make it expand and grow into the perfect structure of your dreams.

So do the thing, whatever it may be, that is necessary to your start. Make your picture, draw your Treasure Map, then take the first step that may be necessary towards bringing it into actuality. To begin is to be half done. You will be amazed how quickly you will reach your goal.

"To every man God gives a gift tonight;
To king and peasant and to you and me:
A shining year, clean, white, as crystal clear
As tropic pools or stars above the sea.

"Oh, let us promise all the coming days
To keep them pure, to keep them ever white!
As, heaven born, one comes to us each morn,
God, help us use it wisely in Thy sight.

"Whatever task, whatever joy be ours
Throughout the year that now has scarce begun,
Let us steadfastly claim in His own name
The promised presence of the Holy One."

-- Bertha M. Russell

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